



# ANTIOCH

FOUNDED 1886

MARCH 31-APRIL 5, 2003

75 cents

## SUPER TUESDAY

**COMPLETE LOCAL ELECTION COVERAGE INSIDE**

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## SPECIAL EDITION

# ELECTION 2003



### The envelope please...

Yvonne Murphy of Waukegan sorts through completed absentee ballots for the April 1 general election at the county clerk's office in the Lake County Building in Waukegan. According to Lake County Clerk Willard Helander, absentee votes are double that of the November 2002 election.—  
Photo by Sandy Bressner

## Maravelas wants town that works

By JULIE MURPHY  
Staff Reporter

Though Mayor Taso Maravelas decided he wouldn't officially endorse any of the candidates running for office, he said, "I spent two years cleaning house, and now the village needs to work to get some things done."

He said he has been able to get 99 percent of the things he had hoped to accomplish done with the current board of trustees. "I don't have a problem with any of them," he said.

Incumbents Larry Hanson and Barbara Porch are both seeking reelection. Senior Trustee Wayne Foresta opted not to run for office again.

While reiterating that he didn't want to "endorse" any of the candidates, Maravelas said he felt John Moulchin would be an excellent addition to the board. "He has a lot of good credentials with a degree in economics. This village is not small anymore. He's willing to help us out and give us financial help for free, and I think we should take advantage of that."

As for the other hotly contested race, Maravelas said he thinks

Please see **MARAVELAS** / 4

## Write-ins are hoping to not be overlooked

By JULIE MURPHY  
Staff Reporter

Write-in candidates have one major disadvantage over other candidates in that their names do not appear on the ballot and it is up to voters to remember their names to vote for them.

After realizing there wasn't a third candidate to fill vacated slots on Emmons School District 33, Mark VandenHeuvel has registered with the Lake County Clerk as a write-in candidate. He was active in presenting the current board with an alternative solution to cutting programs in the event the referendum is not approved in this consolidated election.

Only two candidates will appear on the ballot, along with the write in slots. Though technically VandenHeuvel need only vote for himself to win as there are more open positions than candidates, those wishing to cast votes for him will have to fill in the write-in section with his name.

For the three open positions of Village of Antioch trustee, there are five official candidates including two incumbents Larry Hanson and Barbara Porch along with Ralph Antonelli, John R. Moulchin and Mary J. Turner. George Close had petitioned to run for the office, but the municipal officers electoral

Please see **WRITE-INS** / 4

# Chasing Crane

*Phelps starts early in his attempt to unseat 17-term congressman*

By MARC JENKINS  
Managing Editor

David Phelps knows he's in for a fight. That's why he's going to spend the next year in training.

Phelps, 47, a three-term parks board trustee from Crystal Lake and a Republican, is trying to do what no one else has been able to do since 1969—knock U.S. Rep. Phil Crane out of office.

"This is not a whimsical thing," Phelps said in a March interview with Lakeland's editorial board. "But I know I have a long way to go."

Phelps, who places himself more toward the middle than his counterpart Crane—who is a staunch, right-leaning Republican—says that with a grassroots campaign, a little help from his friends and some good-old-fashioned debating, he has a chance.

He'll challenge Crane for the



If he hopes to have a prayer of ending Phil Crane's long run as U.S. Congressman, David Phelps says the key is starting early.—  
Photo by Marc Jenkins

party nod in the March 16, 2004 general primary election, the first time Crane's seen GOP opposition since 1998, when he dumped Mike Rothman with 69 percent of the vote that year.

### Behind the 8th District

Crane, 72, of Wauconda, first entered Congress in a November 1969 special election, after Donald Rumsfeld—now the U.S. Secretary of Defense—was elevated to a seat

on President Richard Nixon's cabinet as director of the Office of Economic Opportunity.

Since then, Crane has been the flag-waver for the predominately GOP 8th District, which encompasses western Lake County, northwest Cook County and southeast McHenry County.

But the district is changing, Phelps claims.

Please see **CHASING** / 10

### What are the chances?

Since taking office in 1969, U.S. Rep. Phil Crane (R-Wauconda) has deflected challengers in the primary about as easily as he has in the general election. Here's a look at how Crane has fared in the last 10 years.

<b>2002 General:</b>	
Phil Crane	57%
Melissa Bean	43%
<b>2002 Primary:</b>	
Unopposed	
<b>2000 General:</b>	
Phil Crane	61%
Lance Pressl	39%
<b>2000 Primary:</b>	
Unopposed	
<b>1998 General:</b>	
Phil Crane	69%
Mike Rothman	31%
<b>1998 Primary:</b>	
Phil Crane	69%
David McSweeney	35%
<b>1996 General:</b>	
Phil Crane	62%
Elizabeth Hull	38%
<b>1996 Primary:</b>	
Phil Crane	75%
Don Huff	25%
<b>1994 General:</b>	
Phil Crane	85%
Robert Walberg	35%
<b>1994 Primary:</b>	
Phil Crane	40%
Peter Fitzgerald	33%
Gary Skolien	21%
<b>1992 General:</b>	
Phil Crane	56%
Sheila Smith	40%
<b>1992 Primary:</b>	
Phil Crane	55%
Gary Skolien	45%

Source: The Almanac of American Politics  
1998, 2000 & 2002



# Elect



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★ Turner

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- ◆ Continue with repairs to the infrastructure of the Village
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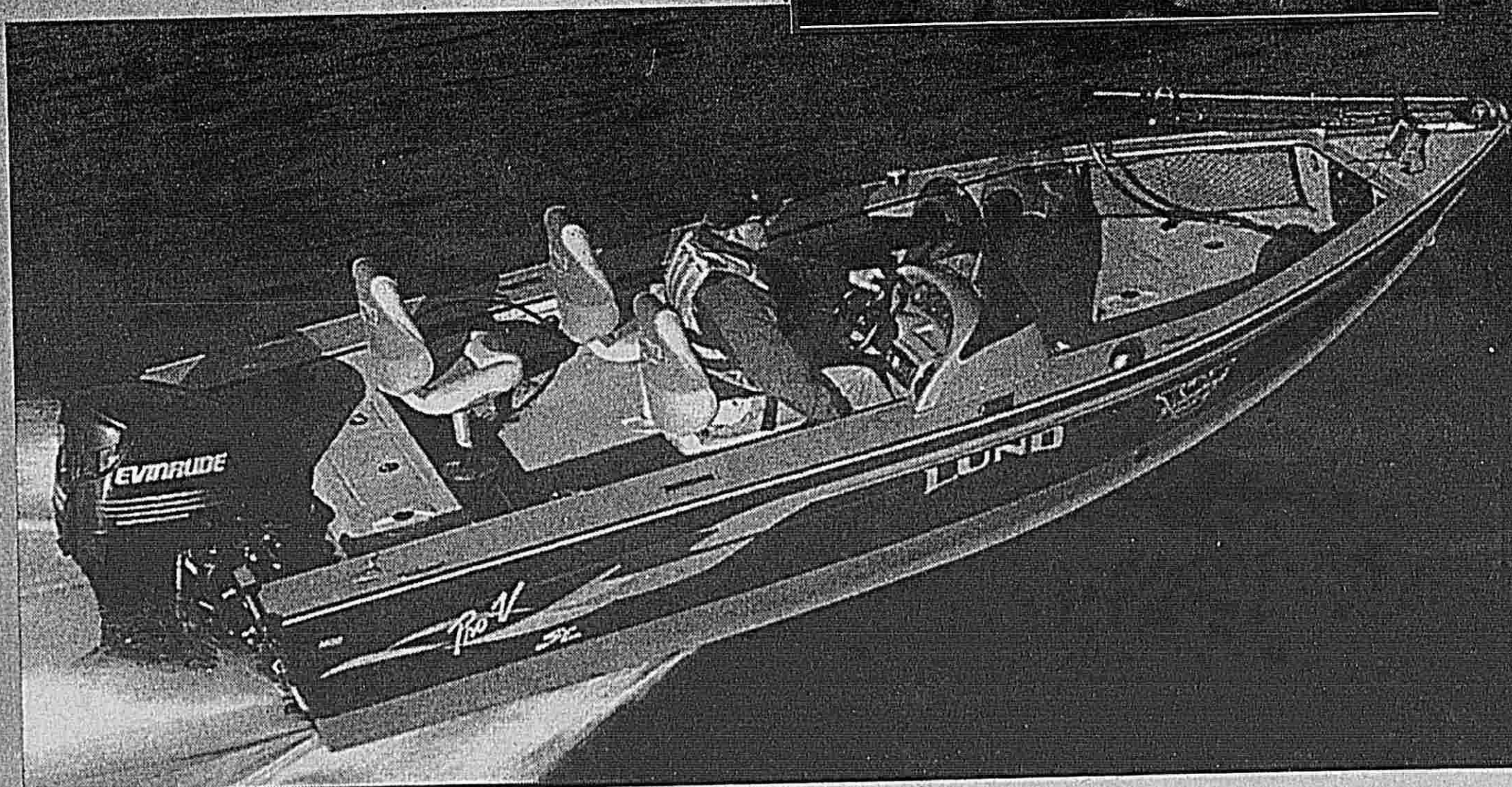
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## Referendums on ballot for all elementary schools

By JULIE MURPHY  
Staff Reporter

The plight of Antioch's elementary school districts is not unlike that of better than 80 percent of all districts in the State of Illinois and, if not already, will be in deficit spending by the end of this school year.

"We're in crisis here," said Eric Skoog, principal of Antioch Upper Grade School, part of Antioch Community Consolidated District 34. "We're not looking for fancy things here."

District 34 will join Emmons School District 33 and Grass Lake School District 36 in placing referenda on the April 1 ballot for an educational fund increase. Both Emmons and Grass Lake districts lost their bids for educational fund increases this past fall. While the Emmons' referendum failed by only 69 votes, Grass Lake was defeated two to one.

District 34 is seeking a \$.58 increase from \$2.081 to \$2.66, Emmons a \$.52 increase from \$1.64 to \$2.16 and Grass Lake a \$.44 increase from \$1.99 to \$2.43.

"Are problems are not because we're overpaying teachers," Skoog added. "Starting salaries at our school are 26 out of 29 in Lake County. It's difficult to attract the best teachers when 25 districts can pay them more money than we can."

Authorities from all three districts blame the state, and it's lack of support, for part of their woes. "Illinois is 49 out of 50 states for the resources it offers in education," said Skoog. "Illinois is number 49 and North Dakota is number 50."

Emmons board of education president Bruce Dille explained that 89 percent of the school's funding comes from local taxes. Four percent comes from the state for general use and another 6 percent is provided for restricted use, such as special education. The federal government adds 1 percent for restricted use such as the milk fund.

Grass Lake School Supt. James

Beveridge said that what has added to the school's budgetary problems is the loss of grant money from the state. "About 25 grants were eliminated all together," he said. "The state sees us as a wealthy district because we get \$5,200 per student, but of course that isn't the way the money comes in."

Dille explained that the district has been able to borrow money from other funds like the transportation and operation funds to cover educational expenses. "We can borrow the money (at no interest), but have to pay it back when the tax money comes in May or June," he said. "The one fund that is different is the working cash fund. We can let money accumulate there and don't have to pay it back. However, we used \$400,000 last year and there is nothing left."

While District 34 is currently discussing the cutting programs, Emmons School is. "We're not doing this as a threat, but the reality is that we asked the voters for the increase once and they said, 'no.' If they say 'no' again, we have to do something to be responsible and not end up like Round Lake," said Dille.

Dille explained how the 1992-tax cap has hurt not only the Emmons School District, but also all of the districts in the state.

"The maximum that can be collected is cost of living or 5 percent (of a home's assessed value)," he said. "If a house value goes up 6 percent but the cost of living only 3 percent, then we lose out on the opportunity to see the full (tax) increase from that home."

When asked why Emmons hasn't brought a referendum to the public prior to reaching a potential crisis, Dille said it's a matter of timing. "The last time we could have brought this to the public (prior to last fall) we still had \$400,000 in our working money fund. How can we come to the taxpayer and say 'give us more' when we still have that much money?"

## Incumbents face heavy competition in trustee race

*Incumbents Hanson and Porch square off against challengers Antonelli, Moulchin, Turner and Close*

By JULIE MURPHY  
Staff Reporter

Incumbents seeking re-election to the board of trustees of the village of Antioch have plenty of competition with three other candidates officially on the ballot along with one write-in candidate. The final list to choose from includes Trustee Larry Hanson, Trustee Barbara Porch, Ralph Antonelli, John Moulchin and Mary Turner along with write-in candidate George Close.

Both Hanson and Porch said they are standing on their records.

Hanson said the facts are that he was worked to reduce dependency on outside consulting and services to save the village over \$1 million in the past two years. He said he is well informed and believes in preserving Antioch's heritage and has supported both youth and senior programs.

"We're in trying times," he said. "We have to make sure that our laws and zoning are in line with what we (Antioch as a community) want." He said his integrity and professionalism have been among his strengths.

Trustee Barbara Porch also stands on her record and cites her strengths as listening to the public and speaking up when she has questions and concerns.

"I'm campaigning with a three-point agenda," she said. "I want to ensure the village follows legal processes, and that these processes aren't circumvented for convenience. Secondly, residents need to be able to speak freely and be heard, and the board should take time to consider what has been said. Thirdly, when a developer comes to Antioch, Antioch should be able to negotiate until Antioch feels like the winner. I don't think we should just take what's being offered, but choose what we want."

Antonelli said his candidacy is structured around bringing the processes of local government back to "what they should be."

"There is a perception that the process is broken," he said. "Things are not being done in an upright and open manner. I would like to see a professional attitude and style within the village."

Antonelli said he sees his strengths as experience through being heavily involved with the community for the 30 years he has lived here as well as his ability to analyze information and make intelligent decisions.

John Moulchin said he feels he would make a good trustee as he has a strong financial background and his job has well prepared him. "I work in transportation logistics," said Moulchin. "Eighty percent of my job is listening and the other 20 percent is follow through. It's all about meeting expectations, and I feel I can do that."

In addition to helping the village "tighten up" the budget, he said he would like to see the board be more open with residents. "I want to see the board on the same page," he said. "You get three or four stories out there and nobody knows what's true."

Mary Turner said she would like to see a balance between residential and commercial uses within the village, and would like to see sales tax dollars remain at home.

"I want to keep sales tax dollars here, but of course I want it done right," she said. "The Route 173 corridor is a start, but I was also like see all the empty downtown stores filled. That includes doing something with the former Country Pontiac that is now somewhat of an eyesore."

She added that there is no reason Antioch has to lose its "Norman Rockwell" feel, and that the village can remain beautiful even with commercial development.

Turner, who has lived in Antioch her entire life, confirmed that she is the sister of village administrator Mike Haley but doesn't feel that would compromise her position on the board.

Close said he wants the local government to be open, honest and accountable. "Board members are our agents," he said. "We have to trust them to listen to us and take our opinions under consideration."

He noted that he has no vested interest in Antioch, except that he lives there and loves it. "I have no financial interest at stake," he said. "I cannot be bought and I cannot be pressured. I have nothing to gain."

Close said it's important to him to judge all situations on their own merit, and that includes development.



**Close:**  
Wants an open, honest, accountable local government



**Porch:**  
Wants board to listen to residents input



**Hanson:**  
Has saved village \$1 million in past two years



**Moulchin:**  
Promises to help village 'tighten up' its budget

## Know where to go to vote

Unsure where to go to vote? Voters' registration cards have the precinct numbers printed on them.

In Antioch, voters in the 001, 002, 003 and 004 precincts are to vote at the Antioch Upper Grade School located at 800 Highview Drive. Voters in precincts 005, 006 and 007 are to vote at the Antioch Grade School at 817 Main Street.

The Lutheran Church of All Saints located at 5800 State Park Road in Fox Lake will accommodate Antioch voters from the 017 and 018

precincts. Voters from precincts 015 and 016 will vote at Grass Lake School located at 26177 W. Grass Lake Road. The Chain of Lakes Community Bible Church, located at 23201 W. Grass Lake Road, will accommodate voters from precinct 014. Emmons School, located at 24226 W. Beach Grove Road will be taking voters from the 008, 012 and 013 precincts. Precincts 009, 010 and 011 will vote at the Antioch Community High School located at 1133 Main Street.

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## Residents rallying to support our troops

Used opinions of a photo poll taken are too good to discard.

When asked if it is unpatriotic to protest the war, resident Shawn Hinrichs said, "I don't think it's unpatriotic. As Americans we have a right to voice our opinions. However, I don't think that most people who are protesting are not supportive of the troops. I think they just wish the troops didn't have to be there."

Stopped on the way to the skate park and asked the same question, Steven Hays said, "To protest the war doesn't show support. I think we should support the troops and the president."

A seventh grade exploratory class at Antioch Upper Grade School called



## OUR TOWN

Julie Murphy

Solution Seekers is collecting reading materials, games, toiletries, snacks, sunglasses, baseball hats, and gloves for our military men and women overseas. All items will be delivered to Rep. JoAnn Osmond (R-Antioch) for distribution.

Working with the American Red Cross and the United Service Organization, Osmond has made her district office a drop off location for area residents wishing to send either goods or letters to service men and women overseas.

The decision was made after the Department of Defense banned the practice of "any service member" deliveries. According to Osmond, this had been a key component of citizen and USO support efforts in the past.

Suggested items include: reading materials, from paperbacks and magazines to comic books or the funny sections of newspapers; small board games, card and trivia games; toiletries, though not spray deodorants; snacks, with exception of chocolate that melts; or monetary donations to either the Red Cross or the USO.

If you have interesting information or anecdotes to submit for "Our Town" call staff reporter Julie Murphy at 847-223-8161, ext. 600 or e-mail, moorfie@ix.netcom.com.



## Several uncontested elections abound in the Antioch area

By JULIE MURPHY  
Staff Reporter

A number of the candidates running for various offices in the April 1 consolidated election are uncontested.

There are four slots open in the Antioch Public Library District for the position of trustee. Michael J. Mortensen, Betsy Houghton, Lori L. Bruce and Mary K. McNeill are the candidates running to fill those positions.

There are three open slots for the four-year term on the board of education for Antioch Community Consolidated District 34. Dennis C. Cozzi, Kathy Wilson and Steve M. Turner run unopposed.

Emmons School District 33 has only two

official candidates to fill three positions on its board of education. Justine Atkison, current PTO vice president, is running as well as Damian England who is two-time co-chair of the referendum committee.

To fill the third slot, Mark VandenHeuvel has registered as a write-in candidate.

Grass Lake School District 36 has three candidates to fill its three open slots on the board of education. Sheryl Spooner, Laura McHugh and Gehard A. Jost are running unopposed.

While there are many candidates, in general, who wish to fill the open seats on the board of education for Antioch Community High School District 117, Joyce Henneberry is running unopposed to fill the unexpired two-year term vacated last fall.

### FROM PAGE A1

## MARAVELAS

Kathleen Van Dien and Dave Dziki would do a good job.

"I care for everybody," he said. "I want to see the dogs (police K-9 units) at the high school. I think this is important to keep our children safe."

Both Van Dien and Dziki have made the

K-9 issue at Antioch Community High School chief elements of their campaigns and decided to run over their dissatisfaction with the current school board's handling of the situation.

Maravelas added, "Make sure you come out and vote on April 1."

## WRITE-INS

board struck his name. His name was disallowed, as the heading of his petitions wasn't clear enough that he intended to run for village trustee.

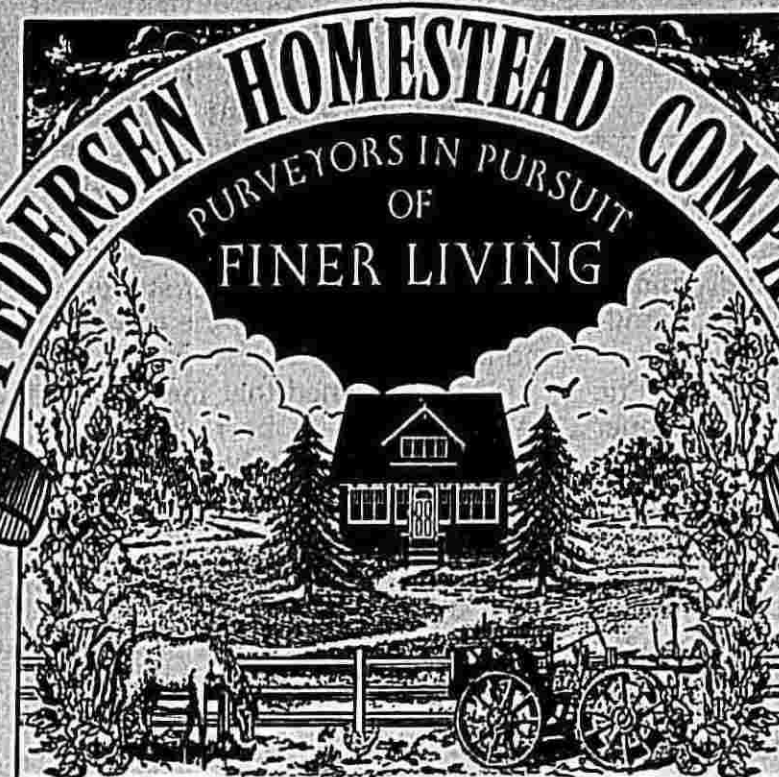
Close appealed the decision to keep his name off the ballot but the decision was upheld in the Lake County Circuit Court.

"I decided I would run as a write in candidate after a bunch of people told me they were

going to write my name in anyhow," said Close. "I know the fact that my name won't appear on the ballot won't help, but I'm going to do it anyway."

Anyone else wishing to be a write in candidate can register with the County Clerk on or before March 31. Write-in votes are only counted for candidates who have filed with the clerk.

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## GRASS LAKE SCHOOL

# VOTE

As many of you are aware, our school has been experiencing increasing financial difficulties in the past several years. Many critical state and federal grants that we have relied on in the past have been decreased substantially or eliminated altogether while expenses are steadily increasing. Last year and again this year, we have been forced to borrow on future revenues in the amount of approx. \$800,000 to cover current expenses. This policy will only bail the school out financially for the short term; but left with no other options, it will ultimately lead to financial collapse if the school does not receive immediate additional funding.

Grass Lake School has not had a tax rate increase for its educational fund since 1989. This fund pays for books, utilities, salaries, supplies, etc. The school is proposing increasing the tax rate from 1.99 to 2.43, a difference of \$.44. This means that on a \$100,000 assessed value home, your taxes would be increased \$11 a month. Grass Lake School is unique in that it offers a small, nurturing environment where each child is recognized as an individual, and no child is lost in the crowd. In order to keep in place the educational programs that are now offered and aspire to improve and offer additional programs, it is necessary that you vote "YES" to the "Proposition to increase the Annual Tax Rate for Educational Purposes".

## Increase the Annual Tax Rate for Education

# YES

April 1st



## LOCAL DIGEST

**Auditions held for upcoming PM&L productions**

PM&L Theatre is holding auditions for its next regular production as well as its next readers' theater.

Auditions for "Not Now Darling" by Ray Cooney and John Chapman will be held on Monday, March 31 and Tuesday April 1 at 7 p.m. at the theater located at 877 Main Street. Cast members should be men and women from mid-late 20s and up. Five men and six women will be cast.

On April 2, auditions for the readers' theater production consisting of two sketches from "Durang, Durang" by Christopher Durang at 7 p.m. This production will be held one day, on April 27. Director Donna Abear will need both men and women between 20-60 years old.

"Not Now Darling," a face-paced farce set in a London fur salon, will run May 23-June 8. Backstage crew is also needed, and those interested can attend the audition. For more information, call 847-356-1889.

Those needing more information about the readers' theater should call 847-395-6451.

**Register now for eggcellent Easter adventure**

An "eggcellent" adventure will be awaiting children after the Antioch Easter parade as youngsters hunt for the egg with the big prize.

The Antioch parks and recreation department will have its 12th annual "Eggcellent Easter Adventure" on April 12 at 11 a.m. at Williams Park immediately following the parade that begins at 10:30 a.m. Registration is going on now through April 11 at the parks office located at 806 Holbek Drive.

The event will take place rain or shine. Pre-registration is required. Children not registered by April 11 will not be able to participate. The cost is \$2 per child for residents (with 60002 zip codes) and \$4 for non-residents.

For more information, call Stahl at 847-395-2160.

**Pageant applications available**

Beginning on Monday, March 24, applications for the 2003 Antioch pageant will be available at the parks department office. Stop by the office at 806 Holbek Drive or call 847-

395-2160 for more information.

**FridayFest Committee seeks produce sellers**

The Farmers' Market that will run as part of FridayFest June 20-Aug. 29 will need produce.

The FridayFest committee is looking for those sellers to ensure the events success. The market is open limited hours, 3-7 p.m. on Skidmore Drive.

For more information, or to participate, call Billie Horton, special events coordinator.

**Community band seeks members**

Lakes Area Community Band, a 40-member band comprised of musicians from Lake, McHenry & Kenosha counties, is currently seeking musicians high school age and older in all sections. Practices take place on Monday evenings from 7-9 p.m. in the Antioch Community High School band room.

New members are welcome. No auditions are required. For more information, call Debbie Davis at 847-395-0272.

**Knights of Columbus meet**

Knights of Columbus (Father Henderson Council 3800) meet the first and third Thursday of each month at 7:30 p.m. in Father Frawley Hall, located in the basement of St. Peter Church.

The Knights of Columbus is an international Catholic Family Fraternal service organization that volunteers time and money to charitable and benevolent causes. Practicing Catholic men over the age of 18 years old are eligible to join.

For more information, call St. Peter Church Rectory at 847-395-0274.

**CPR classes held**

The Antioch Rescue Squad and the Antioch Fire Dept. offer CPR classes to the public on the second and fourth Wednesday of each month at 6 p.m. at the Antioch Fire Dept. located at 835 Holbek Dr.

The fee of \$5-\$15 per person (depending on the class needed) is payable at the time of the class. For more information or to make reservations, call the Antioch Fire Dept. at 847-395-5511.

## NEIGHBORS

**Name:** Ashleigh Morris

**Home:** Gurnee

**I'm originally from:** Gurnee

**My family/pets:** Mom Joan, dad Tom Jr., older sister Kim and we're going to get a dog

**Occupation:** Fifth-grade student at Woodland Intermediate School

**Community involvement:** Girl Scouts, Warren Township Poms and St. Pat's hand bells

**What I like most about my town:** It's a clean, safe and fun environment.

**Hobbies:** Cheer/poms, dance, reading, playing the oboe, singing and plays

**Favorite movie:** "Pearl Harbor"

**Favorite album:** "Shania Twain-Up!"

**Favorite sports team:** Chicago Bears

**Best local restaurant:** Salutos Pizza and Pasta



**Favorite cooked home-meal:** Homemade salad pizza

**Person I admire most:** My mom

**If I had \$1 million, I would:** Donate to the needy and homeless and help my family, friends and school

**If I had a plane ticket to anywhere, I'd go to:** Honolulu, Hawaii

**People who knew me as a kid would say:** I'm energetic and beyond my time.

**My pet peeve is:** My sister

**If I had one wish, it would be:** To end the war and all the terrorist attacks

**My dream job would be:** An interior decorator/designer

**My life's motto is:** Live life to the fullest moments

If you have a "Neighbor" that you would like to see profiled in this column, call Lakeland Newspapers at 847-223-8161.

## Calendar

**GOT SOMETHING GOING ON? GIVE US A CALL!**

Call 847-223-8161 or e-mail [calendar@lakelandmedia.com](mailto:calendar@lakelandmedia.com)

A 14-day notice is requested for all items.

**Monday, March 31**

12:45 p.m., Bingo held at The Antioch Senior Center, call 847-395-7120 for details

Lakes Area Community Band, a 40-member band comprised of musicians from Lake, McHenry & Kenosha counties, is currently seeking musicians high school age and older in all sections. Practices take place on Monday evenings from 7-9 p.m. in the ACHS band room, 1133 Rte. 83, Antioch. New members are welcome. No auditions required. Call Debbie at 847-395-0272

7-9 p.m., "Garden Design and Landscape Basics" a special gardening course offered by the Univ. of Illinois Extension Service. Learn all about the basics of designing a landscape, selecting plants and trees and how to put it all together. Free of charge, advance registration required as space is limited. Held at the Extension offices, 100 S. Hwy. 45 in Grayslake. To register or for details, call 847-223-8627

7 p.m. Mon. & Tues., Auditions held for PM&L's production of "Not Now Darling," held at the theatre, 877 Main St. in Antioch. Need cast of 5 men and 6 women mid to late 20's and up. Show will run May 23-June 8. Backstage help is also needed. Call 847-546-1889 for more details

**Tuesday, April 1**

Election Day-Get out and vote!

6-8 p.m., Bariatric Treatment Centers (BTC) hosts a dance and exercise class downstairs at the Antioch Senior Center, 817 Holbeck Dr (behind the fire station). For more info., call Karen at 847-395-6244

6:45 p.m., Antioch VFW Bingo, doors open 4:30 p.m., call 847-395-5393

7:30 p.m., Lake County Coin Club meeting at the In-Laws Restaurant, Rte. 21 and Grand Ave. in Gurnee. For info., call Les at 847-662-1955

7-8 p.m., Weigh to Win program held at Calvary Christian Center, Monaville Rd., west of Rte. 83 in Lake Villa. Call 847-356-6181

**Wednesday, April 2**

7-8:30 p.m., A Safe Place/Lake County Crisis offers free support groups in Lake County for women who are victims of abuse. Meetings in Round Lake, call 847-249-4450

6:30 p.m., TOPS Weight Loss weigh-in; 7 p.m. meeting at Antioch Senior Center, 817 Holbeck, info. at 847-395-6443 or 847-395-8143

7 p.m., Northern Lake County Quilter's Guild meets at Millburn Church, corner of Rte. 45 and Grass Lake Rd. in Millburn. Call 847-587-4599

**Thursday, April 3**

7:15 a.m., Business Network International (BNI) meets at the Hillside Restaurant in Grayslake. BNI is a coalition of businesses with one person from each occupation. Members give each other referrals. Call Craig Henderson at 847-840-6464

7 p.m., American Sewing Guild group "Running in

Stitches meets. For location info., call Janet at 847-265-7932 or Chris at 847-548-8223

8-9 a.m., Network Lake County, a business networking group, meets at In-Laws restaurant in Gurnee, call 847-548-5305

**Friday, April 4**

7:30 a.m., Lake County Chamber of Commerce networkers group meets at the Hampton Inn in Gurnee. For info., call 847-249-3800

7-9 p.m., Support group for divorced or separated people. Child care provided at no cost. Held at Calvary Christian Center, 134 Monaville Rd. in Lake Villa. For details, call 847-356-6181

7:30 p.m., Lake County Camera Club meets at Gurnee Senior Citizen Center, SW corner of Washington St. and Almond Rd. in Gurnee, call 847-856-1583 for more information

**Saturday, April 5**

9:30-11 a.m., Singles Breakfast Group for ages 55 plus. Held at In-Laws Restaurant, 720 Rte. 21 in Gurnee. Call Pat at 847-367-4936

10 a.m.-noon, The Advocates for FMS, a Fibromyalgia and Chronic Fatigue support group, meets at 884 Main St. in Antioch. Meeting will include a guest speaker. Call 847-362-7807

12-3 p.m., Lake County Area Computer Enthusiasts (LCACE) meeting at the Grayslake library, 100 Library Lane. Celebrate the 20th birthday of the group. Elections of the board, brief meeting and presentation on USB Flash Drives. For info., visit [www.lcace.org/agenda.htm](http://www.lcace.org/agenda.htm) or call Dwight at 847-623-3815

**Sunday, April 6**

2 a.m., Daylight Saving Time begins. Set clocks ahead one hour

7 p.m., The Lake County Folk Club presents Walter Kraft, in concert at the Greenleaf Grill, 301 Greenleaf St. in Park City. Admission is \$6, \$5 for club members and seniors and students. For details, call 847-949-5355

**Monday, April 7**

12:45 p.m., Bingo held at The Antioch Senior Center, call 847-395-7120 for details

1 p.m., Prairie Pioneers #1081, an organization for the study of antiques and the preservation of heritage, meets. Call 847-223-4001

5:30 p.m., TOPS group meets in Lindenhurst at the Victory Ambulatory Surgery Center and Outpatient Services at 1050 Red Oak Lane on the first floor. Call Tina at 847-265-9364

6:30 p.m., Rick Allen presents a "Harry Potter Magic Show," at the Salem Community Library in Salem, Wis. Event is for school-aged children. No registration is necessary. For more information, call 262-843-3348

7 p.m., Sub-committee meetings of the Antioch Village Board held. Committee Meetings of the Whole follow at 8 p.m. in the Board Room, Antioch Village Hall, 874 Main St.

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# LAKE COUNTY

LAKE LAND  
NEWSPAPERS

March 31-April 3, 2003

SPECIAL EDITION

## CLC board race features some of the old, some new

By JEFF ZACHARY  
Staff Reporter

In an election where it seems like Lake County voters can't lose, five candidates are running for the College of Lake County District 532 Board of Trustees.

"They are all wonderful candidates, although I really don't know Cheryl Doros that well, though she seems very personable," said CLC President Rosa Reyes-Prosen.

"I can only say positive things about all of them. My hope would be that the residents of Lake County take every opportunity to learn about the candidates in order to make well-informed decisions. Also, that they assess what qualifications and characteristics they personally feel are important for a candidate seeking the college trustee position. Then, I urge them to vote," she added.

The five candidates for the three positions on the College of Lake County's Board of Trustees are James Lumber of Round Lake, Richard Anderson of Grayslake, Patricia Jones of Waukegan, William Griffin of Lake Forest and Cheryl Doros of Grayslake.

"I think that CLC has been a really fine school since 1967 and that any incumbent board member can modestly claim some credit," said Lumber, who has been on the board since it was founded. "The students are really the proof of the pudding. Their credits transfer nicely and they perform well. I enjoy my work and want to continue to do my part," he added.

Griffin is not an incumbent but has served on the board before. "I was a student at CLC, graduated from CLC and taught there for 11 years," said Griffin with pride in his voice.



Reyes-Prosen

Griffin added that when he served on the board, he worked with congress to get grants for the college and really has a passion for CLC.

"To be honest with you, CLC was the sparkplug for my education before I went on to DePaul."

Anderson has been on the board for 29 years. "I think we have done a good job," said Anderson as he talked of the Technology building and the soon to be built University Center. "The job is rewarding. I just love going to graduation and shaking hands with 81-year-old grandmothers and 21-year-old students," said Anderson. He added that three or four senior citizens graduate each year.

Cheryl Doros is a former trustee on the Grayslake Village Board.

She commented, "Enrolled in classes at CLC, I am in touch with the pulse of the college community. Having increased my interaction with employees and students, I'm aware that open communication is a highly discussed concern. Individuals have unique needs and expectations. Too often, elected officials don't herald communication as an important tool in overall well being. I have found that keeping my door open, listening, sharing and respecting ideas promotes trust and understanding. I am on the campus not just in the board room."

Doros added, "The dedication and pride I've heard from employees and students is contagious and inspiring. I hope to contribute by being elected and serve on the board."

Waukegan Township Supervisor Patricia Jones has been on the board since 1989 and has previously served as chairwoman. Jones also represents CLC on the University Center's Board of Governors.

## Lack of a multiplier is why you may get your tax bill late

According to Lake County Treasurer Robert Skidmore, 2002 property taxes, payable in 2003, might arrive to homeowners later than in previous years.

The primary reason for the late mailing is that Lake County has not received the "Certified State Multiplier" from the Illinois Department of Revenue.

According to Skidmore, "Lake County cannot go forward with the calculations and the printing of the bills until we have this 'Certified State Multiplier.'"

Lake County has had numerous conversations with the Department of Revenue regarding the issues, and state officials have heard the county's concerns and are

understanding of the importance of this matter. Further complicating the matter, this particular division of the state has lost one third of their employees do to early retirement.

The first installment of property tax payments in Lake County is typically due the first week in June, and the second installment is due the first week in September.

Due to the current scenario, Skidmore sees the bills going out around the second or third week of May with the first installment due date 30 days from that mailing date and the second installment due Sept. 3.

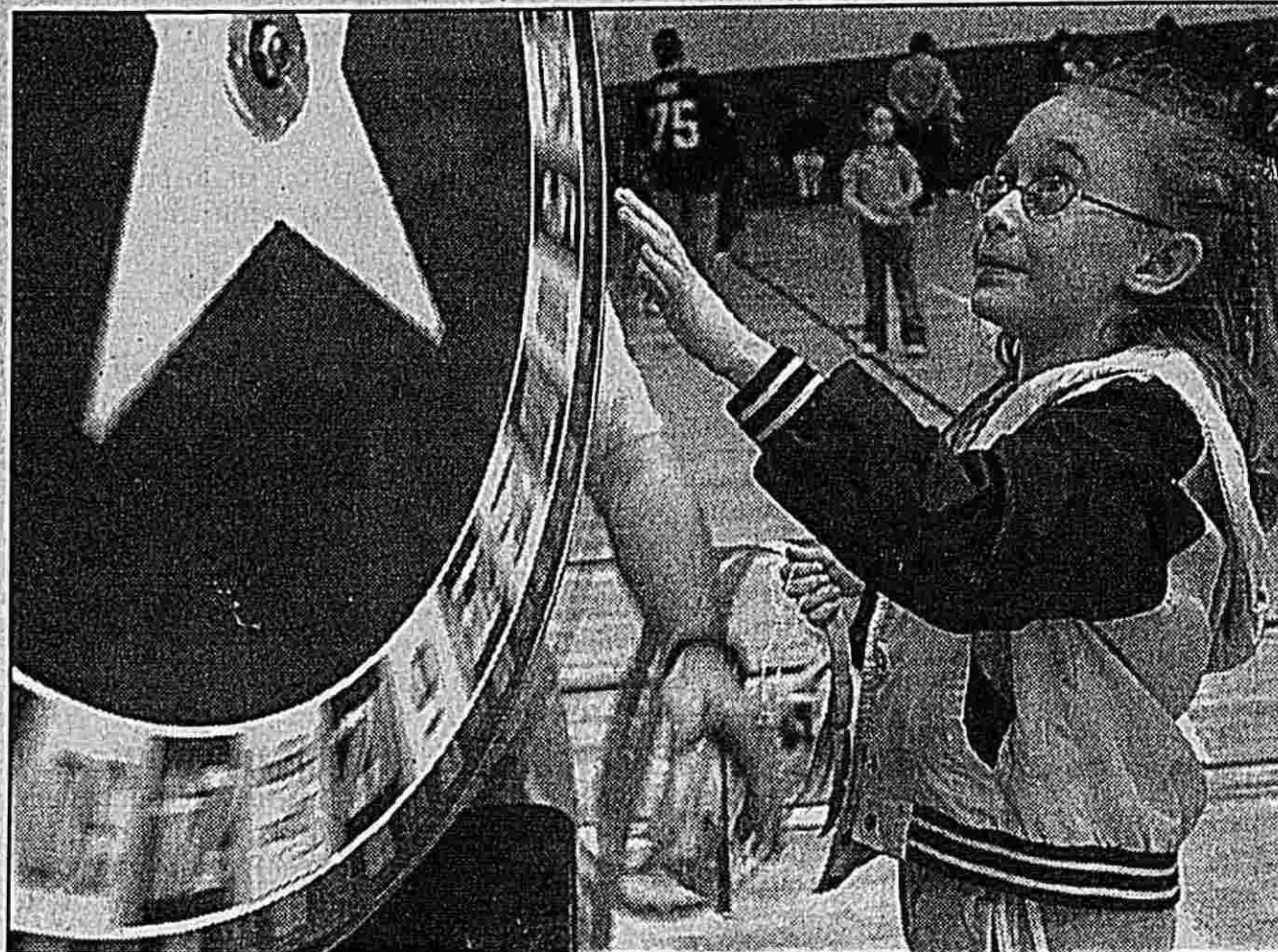
## County clerk limits services on election day

Lake County Clerk Willard Helander said that in-person and telephone services in the clerk's office will be limited on Tuesday, April 1—Election Day.

The office will accept tax redemption payments, but all other non-election services will be closed due to the limited number of clerk staff and the significant election support services required.

Those services not available that day include requests for vital records, marriage licenses and miscellaneous filings. Requests for emergency needs will be handled on a case-by-case basis and such calls should be directed to 847-377-2317.

## PICTURE OF THE WEEK



### Wheel of fortune

Nine-year-old Lauren Unick spins a giant wheel for a prize during the W.C. Petty School Fun Fair at Antioch Upper Grade School.— Photo by Sandy Bressner

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Palatine, IL 60067; (847) 358-9160  
web site: www.house.gov/crane

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e-mail: dist111sen26@aol.com

#### 29th District — Susan Garrett

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e-mail: susan@garrett98.com

#### 30th District — Terry Link

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rID=855

#### 60th District — Eddie Washington

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# LAKELAND NEWSPAPERS

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## EDITORIAL

# Thinking big about the future on Election Day

**M**unicipal officials, some of whom will be elected in balloting Tuesday, April 1, pride themselves on planning for the future, often looking 20 years ahead by adopting zoning ordinances to control future growth and devising long range strategies.

Not enough, claims Chicago Metropolis 2020, a not-for-profit organization created in 1999 by business leaders. The civic organization has crafted a regional plan for the next 30 years that is designed to answer such pressing questions as how to eliminate gridlock, provide a workable public transit system and build affordable housing to enable people to live closer to where they work.

A tall order, to be sure. One of the biggest obstacles of Chicago Metropolis 2020, will be overcoming the opposition of local village board members, many of whom, as we noted, are going into office April 1 with new vigor and agendas that are contrary to the influential civic organization.

Some suburban officials already have found fault with the recommendation that communities share sales-tax revenue with neighboring towns. Chicago Metropolis 2020 also is a proponent of higher residential density, an anathema to many suburban planners.

The civic group's desire to see more apartments and condominiums located near commuter train stations has received a mixed reaction in Lake County.

.....

Another suggestion that can be expected to run into a buzz saw of opposition is cities and village giving up local control of planning and zoning. If the experience of the Lake County Board to foster joint planning and inter-governmental cooperation is any indication, Chicago Metropolis 2020 won't get to first base on this proposition.

From the perspective of Lake County, the think tank's focus on redevelopment of Chicago's South Side is interesting, if not more than a little puzzling. If that is a back-handed compliment to our corner of the state, let's accept it—gladly.

One of the group's most innovative ideas is creating a new Regional Growth and Transportation Commission that would replace such agencies as the Northeastern Illinois Planning Commission, the Chicago Area Transportation Study, the Illinois State Toll Highway Authority, Regional Transportation Authority, the Chicago Transit Authority, Metra and Pace.

.....

As revolutionary as are some of the ideas being advanced by Chicago Metropolis 2020, the notion of formulating big new plans for Chicago and the collar counties is beginning to take hold with politicians. Legislation already has been submitted to conduct serious studies by a task force that would report to the Illinois General Assembly as early as Nov. 1, 2004.

What's at stake, according to Chicago Metropolis 2020, is protecting up to 300 square miles of open space from developers and saving nearly \$4 billion in road and sewer costs the next 30 years. Failure to think big, the civic group warns, will result in permanent gridlock and a diminished way of life.

Officials of Lake County's 52 municipalities would do well to keep an eye on the big picture of regional problem solving as they tend to day-to-day business.

And, Mr. and Mrs. Voter, you thought those folks on the ballot Tuesday only have to worry about keeping potholes filled and balancing the village budget.



## VIEWPOINT

# Church lists tell war story

**W**here are all the flags? With the U.S. at war, the Stars and Stripes are noticeably absent in the neighborhoods. Following the tragedy of 9-11, red, white and blue was everywhere. Flags, bunting, posters, newspaper reproductions, ribbon-adorned trees, vehicles, businesses, schools and centers of government. America was united in shock and grief at the terrorist attack.

Another outpouring of patriotism is in order now that our troops are fighting to liberate Iraq. They deserve support.

All across the land, churches are keeping tabs on the young men and women in uniform. Media reports provide the words and pictures, but the church lists tell the real story of how war hits home. Displaying the colors shows that you care about the volunteers even if you disagree that war is necessary.

## Color of choice

If not red, white and blue,



**BILL SCHROEDER**  
Publisher

then yellow is the color of choice, as described in a welcome note from Gwen Lulofs. The Lake Villa resident wrote about her heart being warmed at the sight of yellow ribbons on trees in downtown Antioch as a display of support for the freedom fighters. One of them is her 22-year-old grandson, Scott Lulofs, who is in the 7th Cavalry, 3rd Infantry Division, part of the march toward Bagdad. Scott attended Antioch Grade School. "I have

been watching the protestors, and when I drove through Antioch and saw all the yellow ribbons, it was very overwhelming and uplifting," she commented, adding soberly, "God willing, I will be able to write to him and tell him of the support."

## Going to vote

Among those going to the polls Tuesday, April 1 will be Mary Lueden of Wauconda. She is the great-granddaughter of Justus Bangs, founder of Wauconda, who might have been the first to cast a ballot in the village.

## One man's family

Callie and Sadie are earning their keep these days, chasing away amorous ducks and geese out to set up housekeeping on the shore line. Love affairs among the feathered friends develop whether or not the sun is shining and days are spring-like. They just get on with their lives.

## COMMENTARY

# Younger voices should be heard at voting booth

By Rachel Holmes

**A**s the last election day drew near, I gritted my teeth while political talk flew around me. I gritted my teeth not because others' views differed from mine, or because I find politics dull, I gritted my teeth out of frustration. As a 17-year-old, I am unable to make my voice be heard at the voting booth. What irked me even more was that some of those who have that right announced they would not vote.

As a jest, I told some older friends I would become a U.S. senator, simply so I could pass a law that would enable 16- and 17-year-olds to vote. Some laughed, others brought up objections, few said it was a good idea. I do not see, though, what would be so wrong with letting us be heard. I am ready to defend my opinion. Many people have brought up various objections, all of which I have been able to make valid points of defense against.

Most 16- and 17-year-olds work and must pay taxes on what they earn. The government says that a 16-year-old is able to have an "adult" job, earn "adult" money, pay "adult" taxes, and yet at the same time the government says

that they are unable to make an educated decision on whom to vote for. If they are paying taxes on their earnings, they should have a say in who handles that money and for what the money is used. It is their money, let them be responsible with it. Stop giving them a crutch to lean on, thus enhancing the crippling of our nation to be irresponsible and uneducated Americans.

People put up the excuse that those from 16-17 should not be making that decision because, at that age, they are too immature. This fact, I believe, can be applied to most adults living in the United States. Also, some have told me that none of us would vote. How many people have been turning out to our voting booths on election day? Not as many as could! Why not allow those teens who would vote take the place of those adults who refuse to do so?

The government assumes that by age 18, you should be able to move onto college and out of your parent's house. They are legally adults. Yet, in reality, teens are preparing to move out or onto college since they were 15 and 16. The day they turn 18 is not the beginning of their adulthood, that journey started in high school in their

sophomore and junior years and was confirmed in their senior year.

If, at 16, teens are making life changing decisions that the government believes are mature choices, then why not let them grow and have even more opportunity to "mature" before they turn 18 by giving them the right to vote?

Simply put, our government discriminates against the teens of our nation by denying them the right to vote. They are assuming they are the ones who can protect us from ourselves. Granted, not all 16- and 17-year-olds are in the mind to vote or interested in politics. But, on the other hand, why not give them the incentive, the desire to understand and become involved in politics? Our nation needs to do this in order to improve our system. We need to involve 16- and 17-year-olds in the election process in order to secure our democracy.



**Holmes**

Note: Rachel Holmes is a 17-year-old student from Round Lake Park.



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# SPECIAL EVENT

An electrical mix of music at the Byron Colby Barn / LL3

# MOVIE REVIEW

George interviews Robert Duvall & Luciana Pedraza/ LL4

# FYI

A list of topics and events / LL6

Pull-out Section

# LakeLife

LAKELAND NEWSPAPERS

Entertainment & Leisure

March 31-April 3, 2003

## The eyes have it

**Advancements in LASIK technology make many eligible for treatment who previously were not**

By JULIE MURPHY  
Staff Reporter

**L**ess than five years ago, being farsighted, having a lazy eye, astigmatism and relatively large pupils would exempt one from having vision-improving surgery. Today, one could be considered a good candidate even with this complicated mixed bag of problems.

LASIK stands for laser in-situ (Latin for in place or not removed) keratomileusis (carving of the cornea to reshape it). Advancements in technology over the past couple of years have opened the doors for many who previously would not have been eligible.

Now there is patented, and FDA approved, laser radar eye-tracking equipment that can track the position of the eye 4,000 times per second and works in conjunction with a small spot laser beam. The result is that most of those who are nearsighted, nearsighted with astigmatism, farsighted, farsighted with astigmatism as well as those with both regular and mixed astigmatism can be treated.

Mitchell Jackson, M.D., a board-certified ophthalmologist specializing in a variety of refractive surgeries including LASIK, PRK (photorefractive keratectomy), lens implants, Wavefront Custom Cornea laser applications among others, said, "The technology allows for a smoother ablation (removal) profile."

He said a fair analogy would be the comparison of high-resolution digital image versus a low-resolution image. The edge of high-resolution will have more dots or lines per inch and less of a stair-stepping affect at the edges of the image. A low-resolution image, having fewer dots or lines per inch, will appear jagged.

"We also have better ways to measure pupil size now," he said. "Problems arise when the pupil dilates beyond the treatment area. We match the treatment area to the pupil size under the most extreme circumstance. This takes care of that."

While more people are eligible for LASIK surgery, having it does not mean that one will be able to see perfectly in all situations.

"The correction you get with surgery will only be as good as what you can get with the use of glasses or contact lenses," said Jackson. "Additionally, vision is corrected for distance. Reading glasses may still be required."

An exception to that is for those who request a monovision result in which the eyes are treated separately and will no longer work together. In those cases, one eye is correct for distance and the other for near vision. The advantage is that one may not need reading glasses (except for the small print).

The disadvantages are that distance vision may not be as clear, depth perception may be effected and glasses may be required for night driving.

The FDA's web site, [www.fda.gov/cdrh/lasik.com](http://www.fda.gov/cdrh/lasik.com), cautions that some people may not be able to adjust to having the vision in one eye blurry all the time, alternating depending on focal distance of the object. Jackson recommends determining whether this can be tolerated through the use of contact lenses prior to having permanent eye surgery.

Jackson noted that there is a difference between "quantity" of vision and "quality" of vision. One can still be considered to have 20/20 vision when looking at the standard Snellen eye chart, though every letter may appear blurred.

The blurring is caused by "higher order aberrations," that cause glare, shadows, halos or other annoyances.

According to Jackson, improved technology called "wavefront" technology allows some of these higher aberrations to be identified, measured and addressed.

### Screening, surgery

Prior to surgery, there is an extensive screening procedure to determine eligibility. During that exam, the overall eye will be evaluated for ocular health and the shape and thickness of the cornea will be checked as well as a retinal exam, a test of internal refraction and tear production.

This step in the process takes between 60-90 minutes, much longer than the actual surgery.

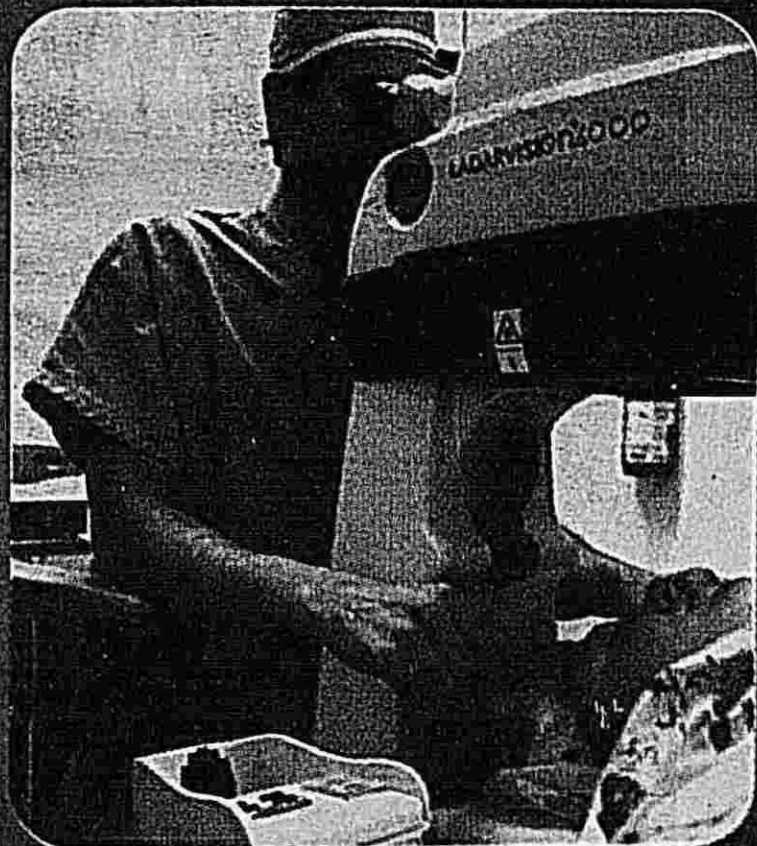
The optometrist will use a machine called a visual function analyzer to see how light shone directly into the eye bounces back out. "In a perfect situation it would bounce back out straight," said John Lehr, O.D. "No one's eyes are perfect, so it won't bounce straight back. This lets us know how much of the blur is coming from higher order aberrations."

A complete "regular" eye exam is performed. Pupils are dilated and the eyes are re-tested to check the accuracy of the correction prescription when the eyes are unable compensate by refocusing.

Jackson stressed that it is important to find a surgeon/optometrist team that will not take any shortcuts



Ophthalmologist Dr. Mitchell Jackson specializes in a variety of refractive surgeries including LASIK, PRK (photorefractive keratectomy), lens implants, Wavefront Custom Cornea laser applications among others at his Center for Advanced Eye Care office in Lake Villa.— Photo by Sandy Bressner



Dr. Mitchell Jackson, an ophthalmologist at the Center for Advanced Eye Care in Lake Villa, uses Lasik technology on Cindy Tipler. Tipler now has almost perfect vision after the unintrusive laser surgery.— Photo by Sandy Bressner



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# No place like home



College of Lake County softball player Vicky Frasier hits during batting practice in the school's physical education center. — Photo by Sandy Bressner

By ROB BACKUS  
Lakeland Correspondent

After opening the season with a 1-11 record in an extended trip to Okla. and Ariz., CLC softball was aching for some home cooking.

"We played some tough teams on the trip," Coach Sue Garcia said. "We hope we can find ourselves defensively." With a 3-1 record in a pair of doubleheaders since returning to Ill., the Lady Lancers appear to have righted the ship.

CLC opened play back in Ill. with a sweep of Prairie State, 10-0 in five innings and 6-1.

In game one, Kristen Elstrom went the distance, giving up just one hit while striking out eight batters.

At the plate Joelle Thompson (3-for-3, two runs scored, one RBI) and Kelly Durkin (3-for-4, two runs scored, one steal) led the Lancers, while Rachel Shippee, Jenni Malueg and Vicky Frazier each had two hits.

In game two, Kristi Lotz got the win on the mound, giving up just one run on two hits while striking out one. Malueg (3-for-3, two runs scored, two RBI, one steal) and Durkin (2-for-3, one run scored) led CLC at the plate.

"We played good defense in the second game," Garcia said.

The Lancers also split a double-header with Joliet Junior College, losing game one 2-1 and winning the second game 13-8.

In the opener, Elstrom took the loss despite giving up just five hits and two walks, while striking out five batters. Both of Joliet's runs were unearned.

CLC's lone run came on an RBI triple in the third inning by Shippee, which scored Amber Henley. Thompson also went 3-for-4 with a double.

In the nightcap, Lotz got the win, surrendering three earned runs on 11 hits and two walks while striking out seven.

The bulk of the Lancers' runs came in a 10-run fourth inning.

Shippee (3-for-4, two RBI), Shannon Schwab (3-for-4, two runs scored, two RBI), Katie Burke (3-for-4, one run scored, one RBI) and Malueg (2-for-3, three runs scored, two RBI) led CLC (4-12) at the plate.

"We finally started hitting the ball," Garcia said. "We're picking better pitches and hitting them hard."

The Lancers opened up the Skyway conference portion of their schedule at home against Oakton this week. CLC will then compete in a five-team invite at Kankakee on March 29-30.

"Our pitching is strong with Elstrom and Lotz," Garcia said. "And our hitting should be okay. And now I think we have the right combination out there defensively, so hopefully we'll be able to cut down on the errors."

# Youths hoops it up



Wauconda Jr. Bulldog eighth-grader Kyle Vogel dribbles down court with Grayslake Jr. Rams player Drew Gedemer hot on his heels during the annual Hoops Fest Basketball Tournament at Grayslake Community High School. — Photo by Sandy Bressner

By JOHN PHELPS  
Sports Editor

They call it March Madness for a good reason. We all know the high schools and colleges engage in their yearly post-season tournaments this month. You think that's the only 'big dance' going on? If you said no, you're right!

For the past six years, numerous grade school boys and girls teams have also gotten into the act, playing in the annual Hoops Fest tournament hosted by Grayslake High School.

The event serves as kind of a culmination for most area town and youth feeder teams.

This year, over 41 teams on the sixth, seventh- and eighth-grade levels invaded Grayslake High for the season-ending bash, if you will. The tournament featured approximately 65 games played in just over two days of action.

"This is our biggest fund-raiser of the year," said Grayslake Ram Booster Club President Dave Peregrin. Peregrin has also been the tournament director for Hoops Fest for the past two years. "Over 150 student, parent and teacher volunteers contribute to this event."

Peregrin said that the tournament this year netted just over their goal of \$10,000.

"We're ecstatic," said Peregrin. "This originated when volunteers for the Grayslake Ram Athletic Booster Club suggested we have a tournament for the younger kids. Everyone agreed. We advertised and called all of the area feeder teams. We ended up with 48 teams the first year. It's a lot of work but well worth it. Everyone has a great time. There's also some pretty darn good basketball being played out there."

Speaking of the action, numerous games came down to last-second shots.

Kara Ming, whose sister Kayla is a standout on the Grayslake varsity girls team that went to the sectionals finals just a few weeks back, showed signs of her older sis when she hit a 24-foot three-pointer at the buzzer to give the

Grayslake Jr. Rams eighth-grade girls a 40-37 victory and the title over Deerfield.

In other action in that bracket, the Kenosha Spirit finished third while the Carmel Jr. Corsairs took the consolation title with a 31-26 victory over McHenry.

In the seventh-grade boys' bracket, the Cedarburg (Wis.) Dawgs was the defending champ. Until they squared off against the Mundelein Jr. Mustangs. Mundelein upended the defending champs 32-28 in overtime. The Warren Jr. Blue Devils, led by Scott Geske's 15 points and six rebounds and Kegan McDaniel's 13 points and seven boards, took third-place honors with a 49-30 victory over Libertyville. The Kenosha Spirit defeated the Grayslake Jr. Rams 38-27 for the consolation title. The Wauconda Jr. Bulldogs were very competitive as well. They finished 1-2.

In the sixth-grade boys division, the Mundelein Jr. Mustangs cruised past the Lake Zurich Hoops 37-24 in the title game. Other action had the Grayslake Jr. Rams finished third after going 2-1 over in the two-day event. The Jr. Rams had a great season, finishing 35-15. Meanwhile, the Carmel Jr. Corsairs rebounded from a 36-26 loss to Mundelein to finish third. They defeated the Grayslake Future Stars and Libertyville for consolation honors. The Wauconda Jr. Bulldogs, fresh off a third-place finish in the Richmond-Burton tournament, struggled to an 0-3 mark.

As for the sixth-grade girls, the host Grayslake Jr. Rams prevailed after finishing undefeated at 3-0. They defeated Richmond in the title game. Carmel was second with a 2-1 record, followed by Deerfield 1-2. Richmond went 0-3.

Back in girls' action, the Warren Travel team took the top honor with a perfect 4-0 mark in the seventh-grade division. Carmel had a solid showing, finishing third out of five teams with a 2-2 mark.

And rounding out the action, the Antioch Jr. Sequoia's boy's eighth-grade boy's squad made easy work of Libertyville and Cedarburg in the first two games. Things tightened up in the third and final game, as Antioch slipped past the Warren Jr. Blue Devils 27-26 for the title. The Mundelein Jr. Mustangs took third-place honors while the Grayslake Jr. Rams picked up the consolation title. The Wauconda Jr. Bulldogs also competed and finished 0-3. Their three losses were by a combined eight points.

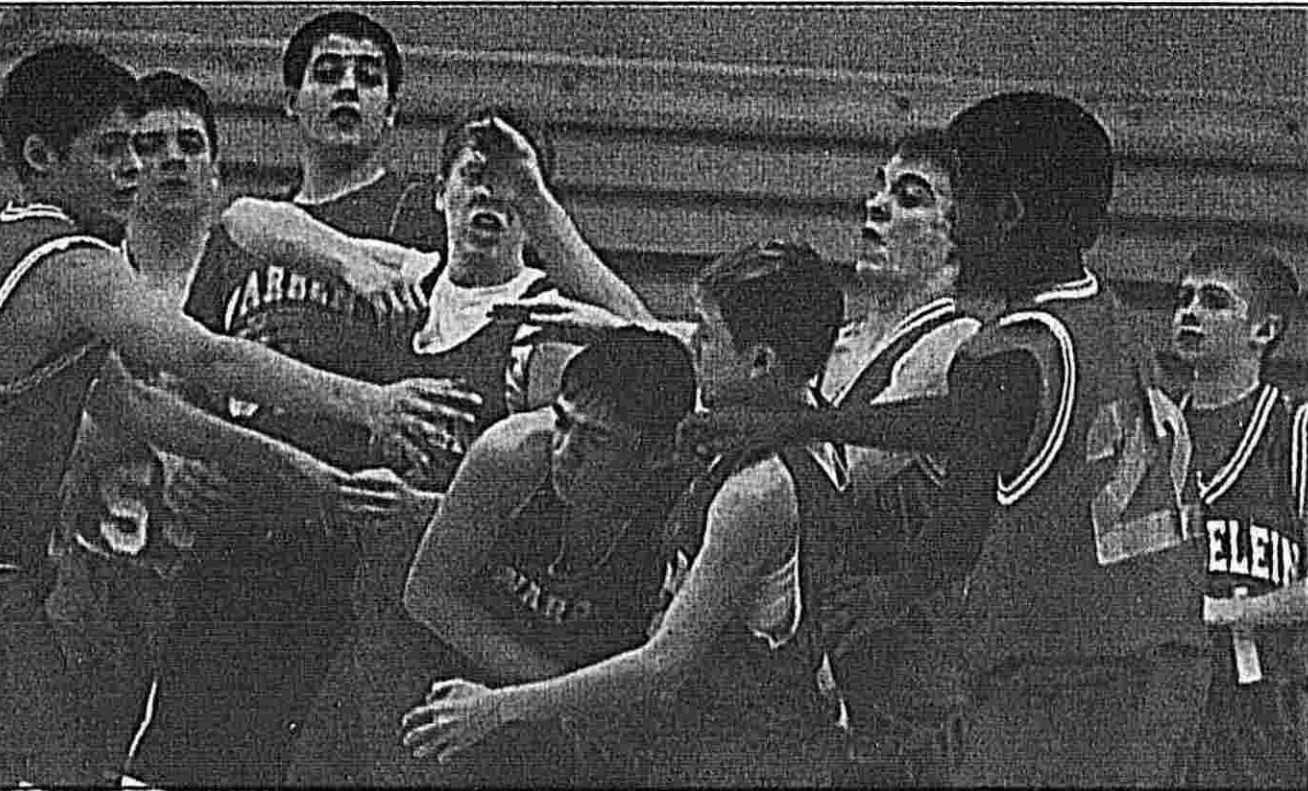
Basketball wasn't the only thing kids had to strive for. Hoops Fest also presented one girl's and one boy's team with a Sportsmanship Award.

For the girls, the Grayslake eighth-grade Jr. Rams took the honor while on the boy's side, the Libertyville Park District Travel seventh-grade team was the winner. The Sportsmanship Awards are voted on by the five IHSA, or certified officials, as well as the Booster Club Board.

"Last year was the first year we decided to do that," said Peregrin. "The Libertyville kids were ecstatic. Both Grayslake and Libertyville, as well as several other teams were fabulous. They'd cheer other teams on, congratulate each other, win or lose—it was great to see."

Peregrin said that the tournament committee, if you will, works long and hard on making modifications so that the tournament will be even bigger and better for the upcoming year.

"We still have trouble getting some teams, especially in the girls divisions. Some teams couldn't make it because of sign-ups and spring leagues starting. A lot of the kids are also on spring break."



Jason Greenwood, center, of the Warren Jr. Blue Devils eighth-grade boys basketball team battles Mundelein Mustangs players for possession after a rebound during the Sixth Annual Hoops Fest Basketball Tournament at Grayslake Community High School. — Photo by Sandy Bressner

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## FROM PAGE A1 \* CHASING

"Crane is too conservative," Phelps said. "Melissa Bean (Crane's challenger in the 2002 elections) was right. The demographics of the district are shifting to the left (liberal)."

"There's a growing demand for space and recreation, which Crane is not addressing. With my background in parks, I'll find ways to improve upon that."

### Phelps takes his stance

Phelps distances himself from Crane on abortion (he's for it in cases of rape and incest), to the environment to gun control.

As a patrolman for the Crystal Lake Police Department, a position he held from 1978-91, Phelps says he did have to draw his weapon on a suspect once—a 16-year-old wielding a knife. But he said his non-traditional Republican stance on guns might cost him support, and he's OK with that.

He even went so far to say that he is pessimistic about receiving support from the police unions and the Fraternal Order of Police because of his posture—despite being a law enforcement officer for 13 years.

"I will not be a friend of the NRA," said Phelps, who calls for federal licensing, background checks, training and gun "titles" to be issued like a auto titles to track weapon ownership. "I feel gun users should have at least a minimal amount of training and that needs to happen on a federal level."

When it comes to 2nd amendment issues, Crane has always supported them with no exception. "There's no wavering on that issue," said Crane through his spokesperson Sarah Perkins.

### Can Crane lose?

Crane wouldn't say whether or not he feels Phelps will be a strong challenge. But he is aware of his new opponent, Crane said.

"Congressman Crane views any declared candidate to be a credible opponent," Perkins said. "It's important that you take all opponents seriously."

In the Nov. 5, 2002 general election, Crane drew criticism from Bean, who claimed Crane ducked repeated requests for open debates.

Perkins retorted by saying Crane was unable to debate because Congress was in session until almost two weeks prior to the election.

Although that wasn't enough to cause Crane concern as he deflected Bean's challenge. He took 58 percent of the Lake County vote last year.

But Phelps plans to get together with his opponent early and often.

"I want to get him pinned down (to debates) now," Phelps said. "I'm counting on that to be able to gain support."

Crane, through Perkins, said that suits him just fine. Although no contact between the two has happened yet, Crane will "take any and all invitations to debate under advisement."



Crane

### A close call

Crane's biggest election challenge came in the 1994 primary, when Peter Fitzgerald's presence was enough to sink Crane's vote total below 50 percent.

The deep-pocketed Fitzgerald, then an Illinois state senator, was a major threat because he was holding a major elected office and had money to burn. Fitzgerald spent millions on his campaign that year, but received only 33 percent of the vote.

But the upstart Gary Skoien probably spoiled Fitzgerald's chances at the upset, as

Skoien took 21 percent of the vote as Crane's 40 percent was enough to carry the GOP nomination.

"(Fitzgerald) had a record to run on, he was standing member of Illinois senate," Perkins said. "It added credibility to his campaign. Plus the \$1.7 million he spent didn't hurt."

### What lies ahead

While Crane spent nearly \$600,000 in his reelection bid in 2002, Phelps says he'll make do with considerably less—around \$50,000.

"I don't want to buy it," Phelps said. "If I start early enough, get my name out there, the

donations will come."

As both try to take the pulse of the 8th District and gain votes in the process, Crane supporters will take the "go with what has worked" attitude, while those in Phelps' corner will call for a fresh perspective.

But Crane can rest on his laurels.

"There have been changes over the years, but the basic tenets of government—limiting its role in everyday life, providing taxpayer relief and providing for people's security—have not changed over the years," he said through Perkins.

"They know what they're getting with Crane."

## CLC mourns death of instructor

Tai Huu Lai, 38, an instructor in refrigeration and air conditioning at the College of Lake County, died Wednesday, March 26, at Alexian Brothers Hospice, following complications from a heart attack.

A resident of Arlington Heights, Lai had been a faculty member at CLC since August 2002. Prior to working at CLC, he worked as a maintenance officer for American Airlines. Born in Saigon, Vietnam, Lai was a veteran of the U.S. Navy. He was a member of St. John Lutheran Church in Mt. Prospect.

"Although Tai's tenure at CLC was short, he made a lasting impression on his students, who loved and respected him. He contributed

many ideas to improve the refrigeration and air conditioning program at the college," said CLC president Dr. Gretchen Naff.

Lai is survived by his wife Canh "Connie" and children Amanda and Emily. Visitation will be held from 3-8 p.m. on Sunday, March 30, at Glueckert Funeral Home at 1520 N. Arlington Heights Road in Arlington Heights. The funeral service will be held at 9 a.m. on Monday, March 31. Donations can be made to the CLC Foundation, which has set up a memorial fund for Lai's children. Call 847-543-3581 for more information.

Lai is the third instructor at CLC to die in 2003.

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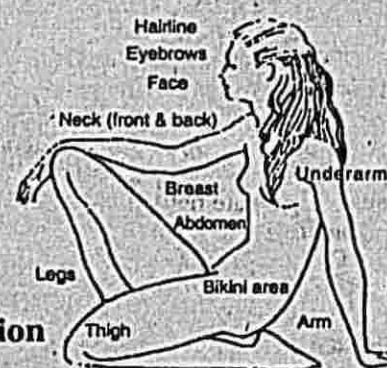
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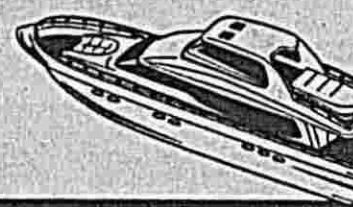
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## LETTERS TO THE EDITOR

## Undeserved criticism

For the past five months, the District 117 Board of Education has been the victim of undeserved criticism as a result of false rumors being spread about drugs in Antioch Community High School. After reading numerous letters to the editor it's time for the truth to be told.

The Board of Education, through Tim Noonan, Student Assistance Team Coordinator, conducted a survey of all students in 1997/1998 which determined that drugs were a problem with some children. This survey was shared with various civic groups and parents through our district newsletter, as well as the Villages of Antioch, Lake Villa and Lindenhurst. The survey was again administered to all students in the 2001/2002 school year. Almost ALL indicators showed a decline in drug use. The Board of Education, through the efforts of Tim Noonan, established many programs the result of which were evident by downward trend in drug and alcohol use by students.

As for the recent situation concerning the Village of Antioch and the canine drug search, it should be noted that District 117 has had in existence a drug policy since 1996 that provides, in part that, "The superintendent or his/her designee may request the assistance of law enforcement officials to conduct inspections... including searches conducted through the use of specially trained dogs." At NO time did the Village of Antioch board members request to discuss our policy prior to the Board of Education meeting on November 7, 2002 where the Board was blind-sided by the Village of Antioch board.

As a matter of history, the first meeting concerning the school district and the use of a search by the village owned dog was on Aug. 1, 2001 at which time our Superintendent, Dr. Dennis Hockney, was notified by then Police Chief Charlie Watkins that the Mayor didn't care what the school board thought, the dog recently acquired by the Village was going into the school. On Aug. 8, at a meeting requested by Dr. Hockney, he and Board of Education President Phillip Delany met with Village Administrator, Mike Haley, and Mayor Maravellas. At that meeting the mayor made a number of unsubstantiated allegations about drugs at ACHS. After this meeting, a letter was sent by the Board of Education to the Mayor summarizing the meeting and asking for information concerning the allegations. To date, no response has been received.

Also following the meeting with the Mayor the Board of Education requested a legal opinion from its counsel. That legal opinion reinforced that case law clearly requires a showing of "probable cause" on the part of police officers before a search may be conducted. School officials, however, operate under a less strict standard of "reasonable suspicion," which means they do not need a warrant to conduct a search. (New Jersey v. TLO 469 US 325 (1985))

As stated in the opinion:  
The courts have reasoned that school officials operate under the less strict reasonable suspicion standard because even though students have a legitimate expectation of privacy, because of the special circumstances of the school environment, the student's rights must be balanced against the equally legitimate right of the school to maintain discipline and order.

On Nov. 22, 2002, a meeting between village and school district officials was held. The meeting was requested, publicly, by the Board of Education at its Nov. 20 meeting. At the Nov. 22 meeting the parties agreed in concept to the procedure to be used for a canine drug search at the high school. Subsequent to the meeting legal counsel for the Board of Education drafted an agreement and forwarded it to the village. When NO reply was received by Jan. 14, 2003 the Board

of Education instructed Dr. Hockney to contact the Illinois State Police to conduct a search. The State Police were concerned about jurisdiction and offered to contact the new Chief of Police, Chuck Fagan. Chief Fagan indicated to the State Police his willingness to discuss the issue with the school district and the State Police so informed Dr. Hockney. Dr. Hockney then contacted Chief Fagan and a meeting was arranged on Jan. 28.

At the Jan. 28 meeting, a draft memorandum of understanding developed by the village attorney, which had never been forwarded to the Board of Education, was presented to Dr. Hockney. Dr. Hockney and Chief Fagan agreed that the memorandum of understanding, unlike the resolution adopted by the village board on October 28, 2002, provided procedures for a constitutionally permissible search. In this village proposed memorandum it was requested that the "initial search be conducted after regular school hours. Subsequent searches would be during school hours. This document was forwarded to our legal counsel with a FINAL Draft being agreed upon at a Feb. 18 meeting attended by Dr. Hockney, Chief Fagan, the new village attorney (Bob Long) and our legal counsel. On Feb. 20 the Board of Education APPROVED the resolution. To date, the Board of Education has NOT received the signed copy from the Village.

It's interesting that it took a call to the Illinois State Police, a new Chief of Police (Chief Fagan) and a new Village Attorney (Bob Long) to get this issue resolved, an issue which did not have to exist if village officials would have talked instead of ambushed.

Ed Koziorowski  
Antioch  
District 117 board member

## Signs of the times

I've been thinking about all the candidate's signs posted around and about. Big, little, colorful, clever, promissory, stirring, all manner of signs.

The trouble is that most of us average folks know little about the person behind the sign, and also that it takes a certain level of effort to inform yourself of who's who and what's going on. There's the rub.

Far be it from me to tell who to vote for, but one candidate was not allowed on the ballot for village trustee in Antioch due to a frivolous and silly technicality. You may see his signs around, his name is George Close.

He's a good man and has managed to be on the ballot as a write-in candidate in spite of everything. Should you choose to vote for Close, you must remember his name from the signs and write George Close in the space provided for write-in candidates. Just so you know.

Darrell May  
Antioch

## Youth speaks out

I want to have fun equipment, good computers, the best teachers and more games.

Please vote yes for my future.

Gunner Skoog, 7  
Antioch

## Memories Of A Distant Past

The year is 2003 and a carefree world still existed to some degree. This was a time before sealed borders but not too long after an event referred to as 911 what ever that was; a time when travel was still rather unrestricted and powered by so called "fossil fuels". Antioch - Illinois as it was formally known, still existed as an island suburb of then "Chicago"

which we all have read about in history books. This, of course was long before the Great Lakes drained off and the resulting lake virus devastated the once huge city. But, back to "Antioch" as it was then. In looking at old "photographic" records, one can clearly see that there really were "open" spaces back then and many, if not most of them, were occupied by growing food products; "real" food products. Not synthetic food that we survive on today.

As a side note, historical data shows that the average intelligence level back then was high. Not high by today's standards but high enough to realize that they were covering those food-growing places with non-edible edifices. I believe they were called "subdivisions." I find it strange as did my ancestor, according to his surviving writings, that anyone would deliberately destroy a viable food source in order that persons could have a place to rest between their trips back and forth to something called a "job."

As we all know now, the great food shortages began due to the extinction of the honey bee and other pollinating insects, those "subdivisions" stood only as a monument to humankind's carelessness. It is ironic that the demise of pollinating insects was directly linked to fungi caused by the very building products that made up those urban sprawls. This was a time when one could actually decide to go "out" to see a "movie," have a meal at a "restaurant" or simply drive "around." What a time that must have been. To have such freedom of movement. Another thing about the past that I find particularly amusing was a practice called "voting". I know these things happened as they are documented but it's hard to imagine what a time consuming and expensive process these doings must have been. Not like today with "Wisdom Implant Transfer and Imbedded Integrity chips in every official of any capacity."

Looking back at that city known as "Antioch" we can also see many items on the landscape that no longer exist and it's hard to believe that they ever did. Were it not for these ancient images called "photos," I wouldn't believe it myself but there they were; a sprawling complex covering acres upon acres of what was supposedly the richest growing medium on this planet. Said complex purportedly sold things and people got there in a automobile which were totally inefficient machines and among the worst of the fossil fuel consumption devices. Of course, when the great Mideast war occurred with the resulting irradiation of all oil products, that usage of fossil fuel vehicles came rather swiftly to an end prompting a long overdue crash program to develop alternative energy sources. Following the Great Border Wars of 2015-2022, things settled down appreciably as communities such as Antioch and others returned to a more agrarian lifestyle. The local auto dealers were razed and the soil replanted using hand pollination techniques until 2045 when fusion technology was perfected and endless free energy led to production of cheap synthetic food sources.

Will this ever happen or will it ever happen? The future is up to us.

Bob Monninger  
Antioch

## The good sense champ

Trustee Barbara Porch's recent letter to the people of Antioch and the Lakeland Media label given to her as the "Good Sense Champ" called to question her position in the ethics department for the Village of Antioch. Trustee Porch, along with being a Village trustee, is also the executive director of the Antioch Chamber of Commerce. This is not a volunteer position; the position is a highly paid part time position with the Chamber of Commerce. During the Wal-Mart debate, Trustee Porch chose the position of questioner and

the advocate for a different path. Her belief in such is commendable if no other influence than her conscience was her guide. It is a well-known fact several leading business leaders opposed Wal-Mart. If these same business leaders pay her salary, how can she be independent in her vote? She should have abstained—Trustee Porch also owns a business in Antioch, which has provided services to the village during Halloween Howl on at least two occasions. Instead of "donating" the service or abstaining on voting for the payment, Trustee Porch voted "YES" to ensure her payment or had no clue on what she was voting. These are two examples of how Trustee Porch profits from her position as Trustee—But even worse, Trustee Porch has used her position to help ensure her re-election. A "cursory" check of her nominating petitions will show that Paul Howard (village employee), passed her petitions at the Antioch Senior Center. This is the same individual; she forced the village to hire and has prompted pay raises on his behalf. The only time the seniors are there to sign the petitions are during his working hours (Is this what he is paid to do?). One question remains: Is she the "Good Sense Champ," or just someone playing the residents of Antioch for "Chumps?"

Ms. D. Stanbaugh  
Antioch

## Running in the red

When a candidate with no village board experience runs for mayor, touting his experience as a manager of an \$8 million dollar budget and 80 employees, that same candidate has to be accountable for the red ink that budget produced.

The fact is the Lake County Sheriff's office was more than a half-million dollars over budget last year and on track to repeat this fiscal year. A substantial portion of this budget overrun was a result of overtime in the very division commanded by mayoral candidate Terry Cashmore.

A balanced budget is the hallmark of success of Mayor Paul Baumunk and his village board, including trustee Jim Betustak. Lindenhurst cannot afford a budget deficit. We need the proven record of accomplishment of Betustak who as our mayor will keep our budget balanced and in the black.

Patrick J. Dunham  
Lindenhurst

## Betustak wants to serve

I have had the opportunity to know and work with Jim Betustak in his role as the director of the University of Illinois Extension Center for the past six years as well as through our mutual membership and active participation in the Lake County Municipal League.

Jim arranged for my village to participate in "Community Swap," an extension program new to Lake County, and worked side-by-side with us and our sister community, Poplar Grove, to see it through to a very successful conclusion.

During this time I have known Jim, I have learned that he is a dedicated individual and while not afraid to try new things, his feet are firmly planted on the ground and has that most valued commodity... common sense.

He is a man of unquestioned integrity and wants to serve you, the citizens of Lindenhurst, to the very best of his ability.

I hope that you will allow him to lead your community by showing your support for his candidacy. Please cast your ballot for him on April 1. I look forward to working with him as your new mayor.

Ila M. Bauer  
Round Lake Park

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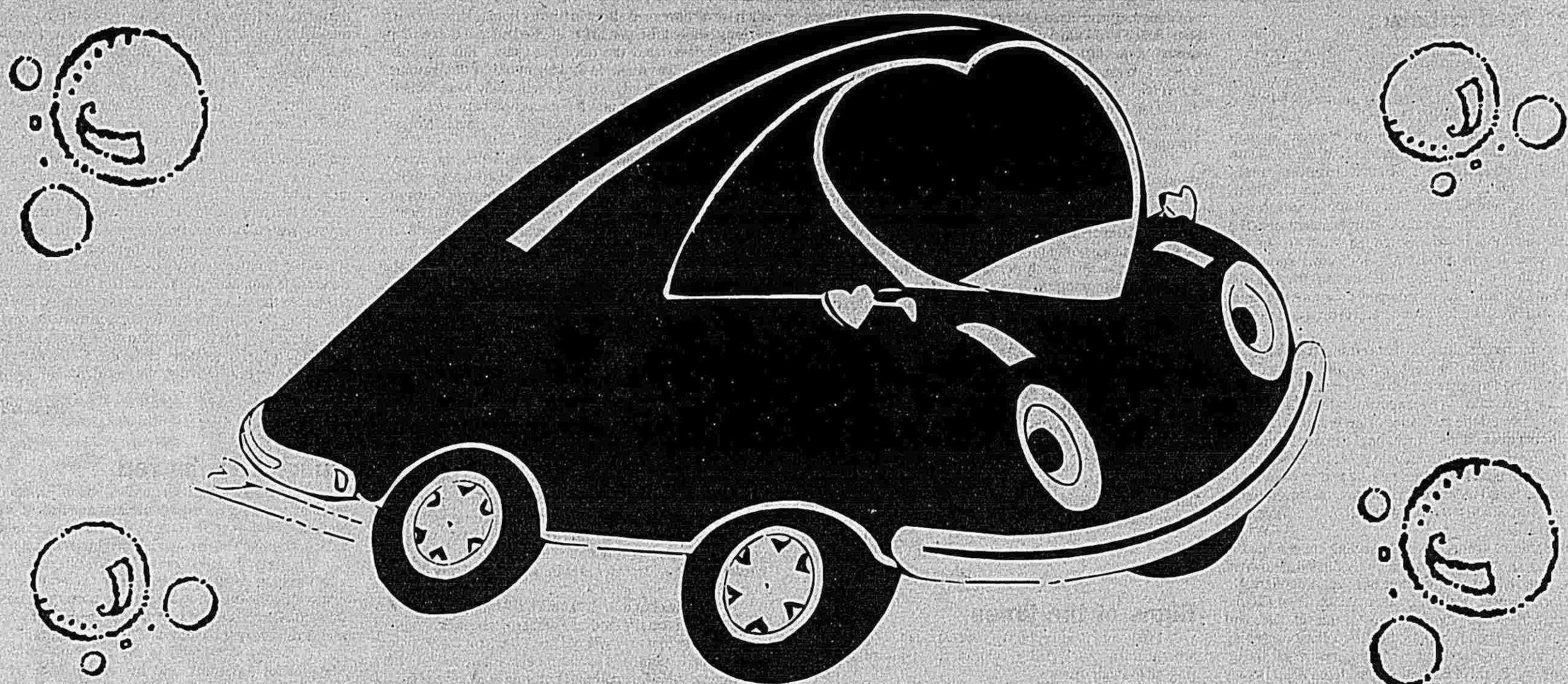
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## Vote for fresh faces

I wish to express my disappointment with the current Grayslake Community Consolidated School District 46 Board of Education (including the three incumbents currently seeking re-election). They made a deliberate decision to spend District 46 education fund reserves. This has led us to the drastic cuts in programs and services, which we now face. There was never an advance warning to the public.

Millions of unanticipated dollars have come in to the district's education fund over the last four years, due to a change in state school funding for elementary and unit school districts after the last education fund referendum had passed. I'm tired of hearing comments about effectively managing the budget beyond the time period that was originally anticipated. There was an increase in revenue. I'm surprised the additional money didn't last longer. The superintendent's spending recommendations during the last several years on technology and very small class sizes in the lower grade levels were nice, but the continuation of well-rounded educational opportunities for all our children would have been, and still is even more important.

After having reviewed education fund expenditures during the four-year period prior to the current fiscal year, I found that the rate of spending in the education fund increased more than twice the rate of the enrollment growth. That is not an acceptable trend, and hopefully it will not continue.

That being said (and we cannot change the past), it does appear that the district is now on the brink of a financial disaster. District 46 does need an education fund rate increase, and the district will eventually need to construct an additional facility to accommodate our growing student population. But even more important, it's up to us to vote for competent and qualified board members who will challenge the status quo. I don't wish to see recent spending patterns continue once additional money is made available.

Glen Eriksson  
Grayslake

## Davis is the right candidate for District 46 board

On April 1, the voters of District 46 will have the opportunity to elect Cheryl Davis to the school board. Cheryl Davis is a new voice for the district, who supports strong academics, fiscal responsibility, and most of all positive communication with the parents. She is a candidate keenly aware of all of these needs, both as a parent of children within District 46, as well as having had an active role in the community over the years.

Cheryl Davis is an articulate, knowledgeable candidate who has seen the issues and has developed thoughtful ideas regarding them. She has a heart for public schools and for developing excellence within our schools. Her years of experience as a school Social Worker have also given her a unique perspective that would be invaluable as a board member.

Parents of children within District 46 want to believe that their concerns and opinions are truly heard and respected. I believe that Cheryl Davis will work hard to ensure open, positive and consistent communication with both the parents and other District 46 leaders.

Cheryl Davis is an excellent choice for this position, and will serve our community well. I encourage you to vote for Cheryl Davis on April 1.

Steve Wahlberg  
Grayslake

## Re-elect Evelyn Hoselton

I would like to endorse Evelyn Hoselton to the residents of Wadsworth as one of the finest mayors of our time. As mayor she brought us into the 21st century by introducing technology, evening office hours, fast response times and heightened accountability. She also made herself readily available to the public, insisted on open meetings and demanded respect for the citizens. She was dubbed "the watchdog" for her unrelenting efforts.

She found thousands of dollars owed to Wadsworth that had been previously overlooked. She worked for and was awarded grants to provide police protection and mosquito abatement free to the residents. She restored developer impact fees to the schools to relieve the taxpayers of the burden.

She faithfully attended many, tedious meetings dealing with developers, polluters and those who would like to take the "country" out of the village of country living by removing our agricultural zoning. She defended our borders and way of life. She did her homework and represented us well.

She also repaired and restored roads, pot holes, signs and lamp posts throughout the village. Whatever the complaint she followed through. She was one of the few voices for the senior citizens and overburdened taxpayer.

She worked at all of our events and projects down in the trenches with everyone else. She never assumed credit for the success of these ventures and always praised those who helped. She is a wonderful manager of people and funds and natural leader.

This has been one of the most progressive periods for the village ever. She restored peace, civility and honesty to our government and demanded respect for the residents. It is very rare today to see this kind of dedication and personal commitment. I hope everyone will support Mayor Hoselton on April 1st with their vote. It would be a shame to lose such a devoted Mayor.

The Cox Family  
Wadsworth residents

## Hoselton serves residents

When the people of Wadsworth vote April 1, I would hope they do their homework carefully. When Evelyn Hoselton became president she faced a board that was hostile, mean and vicious. They were obstructive and deceitful. There is still a faction that is destructive to the process of good relations due to their egotistical aims.

She came into the office green, but has come a long way. She is the one that obtains the grants for police protection and mosquito control. She talks to all of the people and will continue to do what is the best for each area. Please give her a chance to finish the work she has started.

ed-not to return to the way it was before President Hoselton.

Lois Walden  
Wadsworth

## Hoselton has come a long way

As a trustee on the board of trustees of the village of Wadsworth and lifelong resident of the village of Wadsworth it is my honor and privilege to endorse Evelyn Hoselton for another term office as the president of the board of trustees of Wadsworth. She has done an excellent job and carried this board a long way from the days of inner fighting and non productive gridlock.

She has endured personal attack and much more in her quest to restore order and fairness. She defended the citizen's and their rights to be heard when others would have silenced them and squashed their rights. She displayed patience and wisdom and has proven herself to be the people's strong voice and defender. She is for Wadsworth heart and soul. She has a lot more work to do and she needs your help to get elected.

Mike Witt, trustee  
Board of Trustees  
Wadsworth

## Vote for People's Choice party

The upcoming elections in Island Lake offer us the chance to continue with the progress begun 4 years ago

and expanded on two years ago. That is when Mayor Amrich and his cohorts lost majority control of the village board and could no longer run this village like it was their own little fiefdom.

They want it back and have resorted to obscuring the facts and attempting to divert attention from their antics by blaming others through obfuscation, harassment and lying about the very acts they are guilty of committing. They believe that because of the office they hold or that by simply dressing in a suit will command greater respect. These are people expect the rest of us little people to obey the laws while they pick and choose the ones they will obey.

They claim that their opponents are advocating a tax increase by suggesting a park district for Island Lake. What's not mentioned is the surveying of resident's opinion that their opponents really advocated. And even if we say we want a park district in this survey, we would still have to vote on it in a referendum.

Greg Guido, Tom Hyde, Deb Herrmann, Mat Huff have all worked diligently to turn this village into one we can all be proud of. The budget is balanced and we have a rainy day surplus for emergencies. And we are able to pay for all the services we require without a tax increase.

In fact, the finance consultant hired by the city commended Mr. Guido for the work he has done to straighten out the mess created by the Mayor and his cohorts. I encourage all to vote for the Peoples Choice party of Greg Guido, Tom Hyde and Steve Stillier. Vote to keep Island Lake on the right track.


Rich Garling  
Island Lake

# VOTE

## Howard "Bud" Scott

**For**

## Chairperson of the Fox Waterway Agency



Paid for by Bud Scott

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## LETTERS TO THE EDITOR

**Support Davis**

I have seen Cheryl Davis work hard to complete well the tasks she takes on—from soccer coach to Sunday school teacher to participating in a triathlon to raise money for the Leukemia Foundation. I feel Cheryl is well qualified to serve on our school board. I know that Cheryl Davis would bring a fresh perspective and a commitment to our students and their parents to the school board.

*Traci Crowley  
Grayslake*

**Vote 'no' for inexperienced**

It is no accident that the village's tax rate is dropping in the village of Wauconda. It takes village trustees who know how to manage a budget to make it happen.

With David Wanshek, Liza Johnson, and Gregg Turner running for village trustee, we can keep a good thing going. Each has served on the village board. Each has business experience, and understands the need to hold the line on spending to stop Wauconda citizens from over taxation.

One of the opponents is a Wauconda Park District commissioner. Before he was a park district commissioner, the tax rate was dropping, much like the village of Wauconda. However, since he has been involved with the park district, the tax rate has been INCREASING. Moreover, the Wauconda Park District, under his watch, has the accumulated one of the highest tax rates in Lake County.

We should not replace the experienced and the fiscally responsible with inexperienced big spenders. Every Wauconda citizen who wants to see the village hold the line on taxes should support David Wanshek, Liza Johnson and

Gregg Turner for Wauconda village trustee on April 1.

*Roger Wojcik  
Olga Wojcik  
Wauconda*

**A golden opportunity**

Wow! Two teachers in one school receive the prestigious Golden Apple Award. Wow! Apparently that is rare.

Do you think this would happen in a school district that operates in a deficit? Do you think this would happen in a school district that did not encourage and support its teachers to continue to learn and to excel? Do you think this would happen in a school district that had 35 kids in a classroom?

I doubt it! As a community we need to keep these kind of great teachers and to give them what they need to educate our children effectively and that is resources, support and LOWER CLASS SIZES. Our community needs to pass the CCCD #46 referendums on April 1.

Jennifer Santo is an extraordinary teacher. She was my son's kindergarten teacher and our family loves her. Not only has she helped to mold and nurture life long learners she has contributed to her community in the way of our future leaders. Jennifer offered after school programs to her students at no cost to the families. She paid for these programs herself. She did that to help and to encourage the children she so deeply cared for. In addition to being an awesome and generous teacher, Jennifer is an incredible woman and role model. She is a role model to her past, present and future students, she is a role model to her fellow teachers and she is a role model to the many Moms she comes in contact with. I know I can say that I am a better Mom, for knowing her. Only

incredibly women give of themselves as Jennifer does.

As our family ended our years at Avon last year we honored all the teachers that we had over the years by sponsoring a scholarship in their names through the Round Lake Area Chamber of Commerce.

In honor and deep respect of Mrs. Jennifer Santo, and her accomplishments for positively impacting the lives of the community she lives and works in and for contributing to our future leaders we will sponsor another scholarship this year in her name. Jennifer as well as so many teachers, volunteers and public servants, has used her life to make a noticeable and positive difference in the lives of those around her.

At the March 17, CCCD #46 Board of Education meeting, Jennifer spoke to the board and she thanked them for the opportunity to work in such a great school district and for the continued support and training they have allowed her. Every teacher deserves that opportunity and it only comes from a school district that can financially afford it. So many programs that affect the students (art, music, foreign language, PE, etc), the teachers, the parents, and the community will be cut if the April 1, referendums do not pass. A community is what the people in it make of it and my fear is that we will not be able to keep or attract exceptional people as our Golden Apple Award winners. If we are a community where the voters say these things are not important.

*Sherry Milner-Ridge  
Round Lake Beach*

**Vote for the Liberty Team**

One of my concerns as a voter is the level of property taxes that a community imposes upon its citizens.

I am glad I live in the village of Wauconda. Our property tax rate for the village portion of our property tax bill has dropped every year. Our village officials have worked very hard to make this happen.

Trustee David Wanshek, Trustee Gregg Turner, and former Trustee and current Plan Commission member Liza Johnson have shown the leadership to control spending and keep our village property taxes low.

Their opponents, who have only attended village board meetings for the last few weeks, do not have the experience necessary to negotiate union contracts, review contractor's proposals, and oversee our village budget. The Liberty Team candidates have over 20 years of combined experience in village government making tough decisions. That is over 20 years of experience compared to a few weeks of experience for the opponents.

To hold the line on Wauconda village taxes, please vote for the Liberty Team on April 1.

*Bradley D. Mayer  
Wauconda*

**Re-elect Dist. 118 incumbents**

Important decisions will be made on April 1. The Wauconda School Board member election is one of these important decisions. I hope you will all take the time and cast your vote.

The past and present school board members have been working very hard to improve our children's education. We have involved community and staff members to develop goals for the continued improvement of our School District 118.

We want our children and staff to have the best curriculum tools and technology to perform and achieve awards for excellence. We also want our students and staff to have a pleasant, clean and safe environment to work and learn the skills they will need as they journey through life.

The board also continues to monitor all costs and use of our tax dollars. We appreciate your continued support to help us fund all of the programs that are so necessary to bring and keep our community's children's education moving towards our goals of excellence.

Wauconda School District 118 is on the right path, providing quality education and working towards excellence.

As a present school board member, I have decided to retire after five elected terms (20 years). However, to continue to work for these goals, I would like you to join me on April 1, and vote for our two present board members, John Armstrong and Thomas Weber, Sr., very dedicated incumbents, and also Brian Swanson, a new candidate and parent of two school aged children, who has been actively involved by attending School Board meetings and giving of his time and energy to the high school and grade school that his children attend.

I personally want to thank every one of you for your votes of confidence during my School Board terms. I will continue to support and work for education in any way that I can be helpful.

*Nancy J. Pesz  
School board member  
Wauconda District 118*

**Vote 'yes' for Dist. 46**

When my family and I moved to Grayslake five years ago, we were shocked at the property tax values. However, we chose to live in Grayslake because of the excellent reputation of their school system. My husband and I wanted the best possible for our children, which is why we are voting YES for the building and education fund referendum questions on the April 1 ballot.

Do you understand what a no vote can do for our school district? A no vote means we will lose 60 classroom teachers. This means that any non-tenured teacher in District 46 is in danger of losing their job. Your child's own classroom teacher may be affected. Did you know that with the elimination of 60 classroom teachers, class sizes would soar to an average of 30+ children in each class. This number does not even take into consideration any growth in District 46 and we all know that District 46 continues to grow at an alarming rate. Research shows that younger children learn best when in smaller class sizes - 30+ children is not a small class size. Is this what you want for our children?

Did you know that all art, music, and physical education classes in grades K-4 will be eliminated? Children need and look forward to getting away from their academic day and having fun whether it be playing floor hockey in gym, playing the recorder in music or making clay dinosaurs in art class. Is this what you want for our children?

Did you know that band, chorus, drama, foreign languages and the Encore Program would be cut at the higher grades? Is this what you want for our children?

Know the facts—a no vote will affect our children in so many negative ways. Vote YES for our children—the future leaders of our country.

*Susan Turgeon  
Grayslake*

# Re-Elect Barbara

# PORCH

Paid for by People to Re-Elect Porch

# Village Trustee



## It's Time to TAKE BACK OUR TOWN!

# Vote April 1st for Ralph Antonelli

## Village Trustee

Let's return professionalism and openness to village government.  
Ralph will work to protect designated funds for our senior citizens.

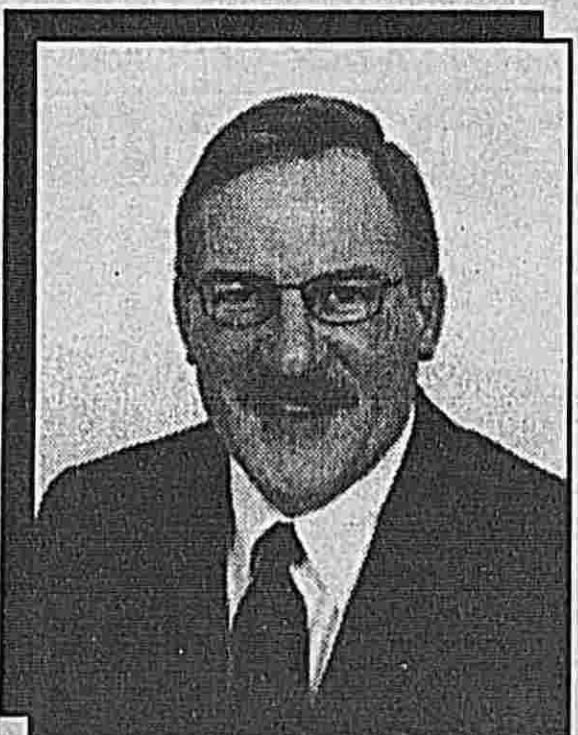
## Make it a CLOSE Vote!

# Vote April 1st for George B. Close

*George B. Close*

Write-In  
Village Trustee

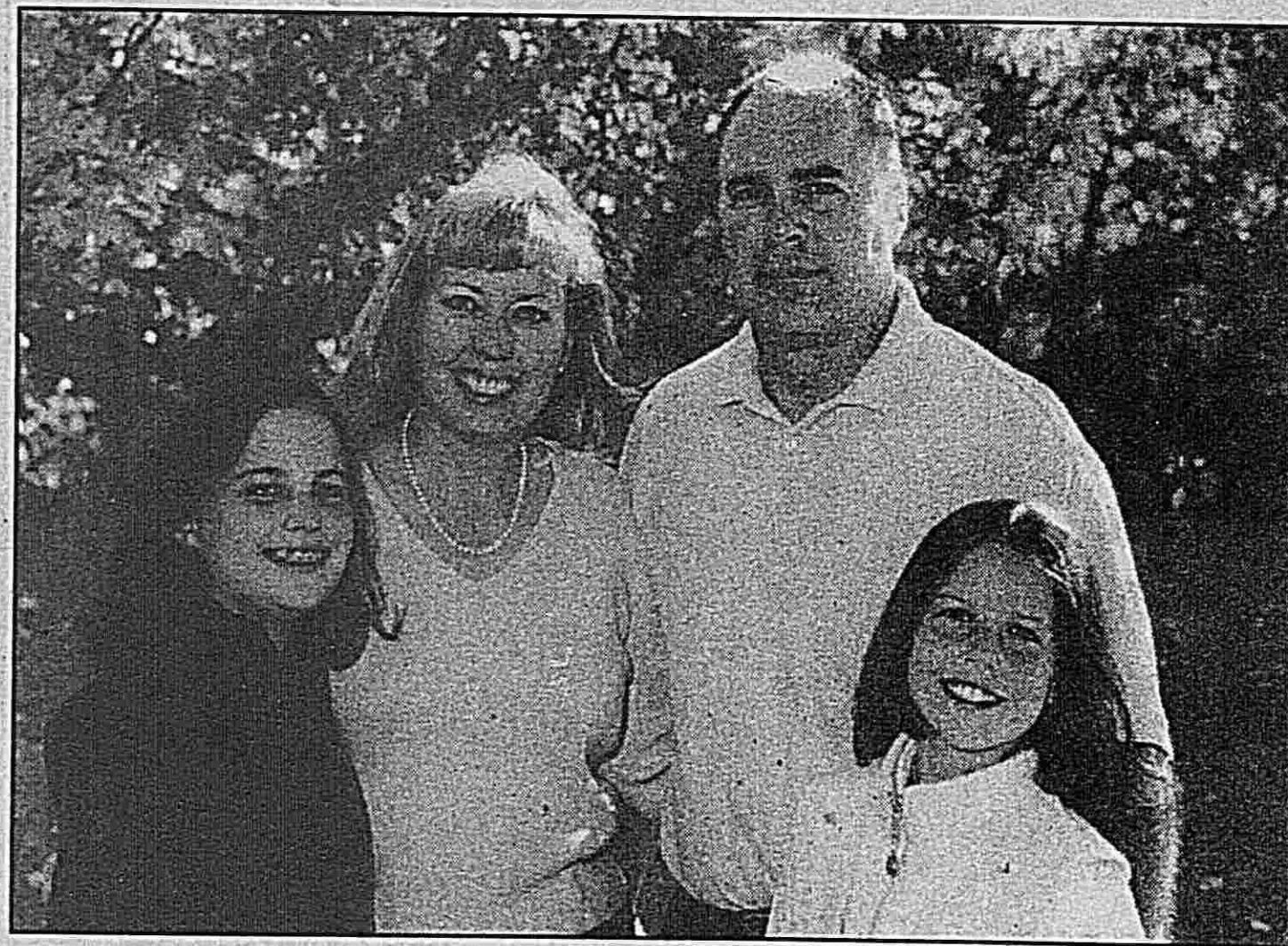
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# Elect JOHN MOULCHIN

Village Of Antioch Trustee



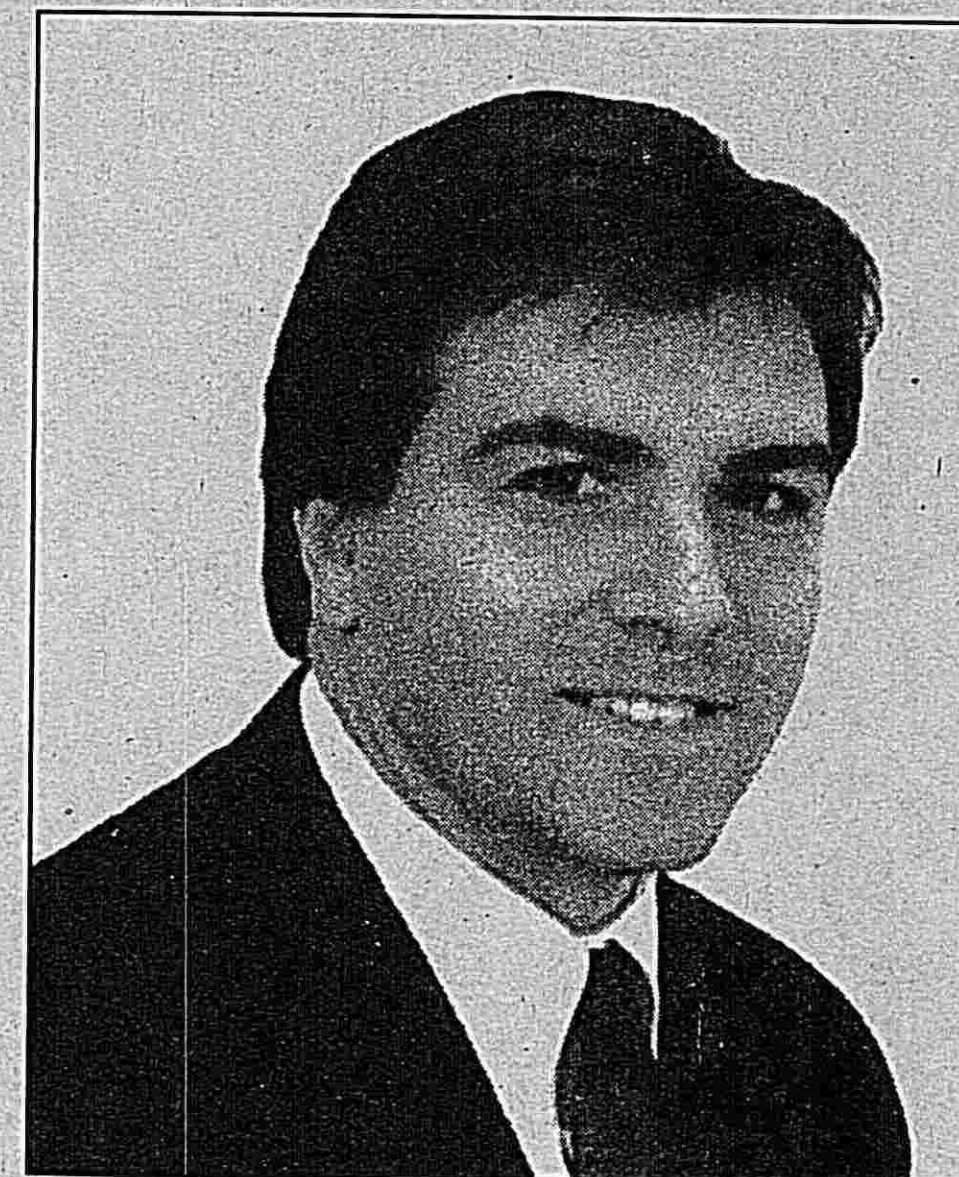
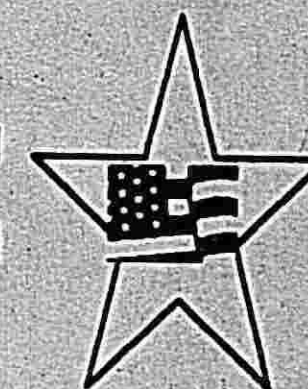
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# Re-Elect



**Vote April 1st**

# Larry Hanson

**Village Of Antioch Trustee**

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## Keeping Kids First

Elementary  
District 34

Vote  
☒ YES  
April 1st

# We Proudly Support The District 34 Education Fund Referendum

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Steve Werchek	Ken Bock	Family	Peggy Kozirowski	Mrs. Margaret Zoller
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The Ney Family	Jeff Anttila	Dan McCuistion	Mary Jane McConnell	The Chiappetti Family
Jim Menzer	Paul Thornborough	Susan McCuistion	The Supple Family	The Zumbrock/Sorby
Marty Geweke	Patti Thornborough	Susie Baird	Michael Jefferson	Family
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The Prather Family	Vicky Cullinan	Larry Edward Becker	Chief Dennis Volling	Kris Bolin
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Wayne Sobczak	Scott Siperko	Carol McDowell	Eric Skoog	Lisa Dreyer
Sheila Dvorak	Robert Pahr	Cathy Johnson	John Moulchin	Linda Pohlman
Tiffany Ballatin	Kathryn Pahr	Frank Johnson	Vicki Moulchin	Tim Flick
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Jim Nelson	The Burkhart Family	Dan Raiman	Jeff Gutke	Don Bennett
Jeanine Nelson	Tamara Oldroyd	Ellen Raiman	Carol Gutke	Cindy Bennett
Kara Leitz	Patti Brooke	Sherry Roberson	Maggie Woodke	Joe Ott
Mike Leitz	Cathy Cratty	The Wooden Family	Jim Woodke	Pam Ott
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Diane Campbell	Steve Smouse	Casey Juszczak	The Eads Family	C. Dziki
The Greenlee Family	Ray Scarpelli	The Borkowicz Family	Jacob Judd	D. Dziki
Julia Hojnacki	The Brito Family	Jim Lienhardt	Dennis Warner	Julie Popp
Diane McMahon	Heidi Wennstrom	George Bessette	Evelyn Richards	Jerry Popp
Jill Nicholas	Gary Wennstrom	Tim Borries	Melissa Marchman	The Mraz Family
Wally Henning	Kathryn Donovan	Sandy Borries	Mary Kay McNeill	Andrea Rabey
Cheryl Henning	Debi Yorko	The Cleven Family	John McNeill	Theresa Kovach
Jack Fields	Susie Kolle	Arleen Balverde	Gary Burnette	Kevin Kovach
Kathy Fields	Robert Cashmore	Debra Baird	Lori Bednar	Liesa Owens
The Bentel Family	The Lange Family II	Bob Caulfield	The Kueppers	Gloria Rowland
Linda Pedersen	Marie Viadic	Scott Meyer	Kenneth L. Johnson	The Anderson Family
Dean Pedersen	Kathy Schoenfelder	Karen Meyer	Tonya Steitz	Carrie Detterbeck
Ted Axton	Steve Schoenfelder	The McKenzie Family	Kathy Downing	Joyce Kufalk
Alicia Sippy	Elaine Wagener	Ralph Antonelli	Mike Perrone	Rich Kufalk
The Burns Family	The Gonzalez Family	Sharon Lienhardt	The Hensel Family	Al Anderson
Elizabeth LeClair	Sheri Conner	Cindy Baba	Dave Downing	Jennifer Petruska
Quintin Noble	Mickey Conner	Scott Pierce	Jeff Smith	Michael Petruska
Vickie Axton	Darlene Kuxhouse	The Nosbaum Family	Dr. Deborah Harding	Dawn Kirkegaard
Barry Meyers	Lorissa Francioni	Lisa Kent	Daniel Johnson	The Clarke Family
Ann Meyers	The Cozzi Family	The John T. Sullivan	The Mrnak Family	Christine M. Devore
Tina Fawver	Thomas Payonk	Family	Sue Lawn	Kim Sloat
Todd Fawver	Kathy Johansen	Eileen Diesner	Lisa Nordby	Sandra Liebe
The Gebhardt Family	Dana Johansen	Mark Sherman	Eric Nordby	Kevin Liebe
John Shea	Jason Lind	Diane Sherman	Alicia Fritz	Don Prellberg
Julie Shea	Taso Maravellas	The Fak Family	Janet Behling	Amy Prellberg
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Ellen Ipsen	The Nogel Family	Sandy Jacobs	Paul Donovan	Sue Pingel
The Sisler Family	Bill Horan	The Sewester Family	Pat Wallace	The Bohan Family
Chris Newton	Debbie Horan	Nancy Lubkeman	Debbie Schuler	Cathy Marcangelo
Bud Newton	Dawn Hein	Marc Lubkeman	Pamela Haines	



# SPECIAL EVENT

An electrical mix of music at the Byron Colby Barn / LL3

# MOVIE REVIEW

George interviews Robert Duvall & Luciana Pedraza/ LL4

# FYI

A list of topics and events / LL6

Pull-out Section

# LakeLife

LAKELAND NEWSPAPERS

March 31-April 3, 2003

## The eyes have it

Advancements in LASIK technology make many eligible for treatment who previously were not

By JULIE MURPHY  
Staff Reporter

Less than five years ago, being farsighted, having a lazy eye, astigmatism and relatively large pupils would exempt one from having vision-improving surgery. Today, one could be considered a good candidate even with this complicated mixed bag of problems.

LASIK stands for laser-in-situ (Latin for in place or not removed) keratomileusis (carving of the cornea to reshape it). Advancements in technology over the past couple of years have opened the doors for many who previously would not have been eligible.

Now there is patented, and FDA approved, laser radar eye-tracking equipment that can track the position of the eye 4,000 times per second and works in conjunction with a small spot laser beam. The result is that most of those who are nearsighted, nearsighted with astigmatism, farsighted, farsighted with astigmatism as well as those with both regular and mixed astigmatism can be treated.

Mitchell Jackson, M.D., a board-certified ophthalmologist specializing in a variety of refractive surgeries including LASIK, PRK (photorefractive keratectomy), lens implants, Wavefront Custom Cornea laser applications among others, said, "The technology allows for a smoother ablation (removal) profile."

He said a fair analogy would be the comparison of high-resolution digital image versus a low-resolution image. The edge of high-resolution will have more dots or lines per inch and less of a stair-stepping affect at the edges of the image. A low-resolution image, having fewer dots or lines per inch, will appear jagged.

"We also have better ways to measure pupil size now," he said. "Problems arise when the pupil dilates beyond the treatment area. We match the treatment area to the pupil size under the most extreme circumstance. This takes care of that."

While more people are eligible for LASIK surgery, having it does not mean that one will be able to see perfectly in all situations.

"The correction you get with surgery will only be as good as what you can get with the use of glasses or contact lenses," said Jackson. "Additionally, vision is corrected for distance. Reading glasses may still be required."

An exception to that is for those who request a monovision result in which the eyes are treated separately and will no longer work together. In those cases, one eye is correct for distance and the other for near vision. The advantage is that one may not need reading glasses (except for the small print).

The disadvantages are that distance vision may not be as clear, depth perception may be effected and glasses may be required for night driving.

The FDA's web site, [www.fda.gov/cdrh/lasik.com](http://www.fda.gov/cdrh/lasik.com), cautions that some people may not be able to adjust to having the vision in one eye blurry all the time, alternating depending on focal distance of the object. Jackson recommends determining whether this can be tolerated through the use of contact lenses prior to having permanent eye surgery.

Jackson noted that there is a difference between "quantity" of vision and "quality" of vision. One can still be considered to have 20/20 vision when looking at the standard Snellen eye chart; though every letter may appear blurred.

The blurring is caused by "higher order aberrations," that cause glare, shadows, halos or other annoyances.

According to Jackson, improved technology called "wavefront" technology allows some of these higher aberrations to be identified, measured and addressed.

### Screening, surgery

Prior to surgery, there is an extensive screening procedure to determine eligibility. During that exam, the overall eye will be evaluated for ocular health and the shape and thickness of the cornea will be checked as well as a retinal exam, a test of internal refraction and tear production.

This step in the process takes between 60-90 minutes, much longer than the actual surgery.

The optometrist will use a machine called a visual function analyzer to see how light shone directly into the eye bounces back out. "In a perfect situation it would bounce back out straight," said John Lehr, O.D. "No one's eyes are perfect, so it won't bounce straight back. This lets us know how much of the blur is coming from higher order aberrations."

A complete "regular" eye exam is performed. Pupils are dilated and the eyes are re-tested to check the accuracy of the correction prescription when the eyes are unable compensate by refocusing.

Jackson stressed that it is important to find a surgeon/optometrist team that will not take any shortcuts



Ophthalmologist Dr. Mitchell Jackson specializes in a variety of refractive surgeries including LASIK, PRK (photorefractive keratectomy), lens implants, Wavefront Custom Cornea laser applications among others at his Center for Advanced Eye Care office in Lake Villa.— Photo by Sandy Bressner



Dr. Mitchell Jackson, an ophthalmologist at the Center for Advanced Eye Care in Lake Villa, uses Lasik technology on Cindy Tipler. Tipler now has almost perfect vision after the unintrusive laser surgery.— Photo by Sandy Bressner

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# 'Kids Day Out of school program' at YMCA Camp Duncan

**Y**MCA Camp Duncan's Kids Day Out of school program offers children in Lake and McHenry counties, grades kindergarten through sixth, a safe and fun place to spend their days off of school.

Each scheduled Kids Day Out date provides a full day of quality camp programming under the direct supervision of highly qualified, participative, enthusiastic, caring and trained college-aged counselors. Each child's camp experience will

include a variety of well-planned and age-appropriate activities such as sports and games, arts and crafts, camp songs, archery, outdoor education, adventure programs and lots, lots more.

"As a full-facility, day and residential camp on 400 acres, our camp property lends itself to a variety of exciting indoor and outdoor activities. No other Kids-Day-Out camp program in the area can offer the variety of programming or the convenient hours for such an affordable price,"

stated Colleen Foley, Program Director. The program begins each day at 8 a.m. and concludes at 4 p.m. Parents have the options of taking advantage of extended care from 6:30 a.m. to 6 p.m. at no additional charge.

Registration is now open. The cost for each day off is \$33 per child. Parents may select one date or multiple dates to accommodate their schedules. Space is available and registrations are handled on a "first come, first serve" basis. Once a particular

date fills, waiting lists are established.

For complete program and registration information call 847-546-8086 or stop in at YMCA Camp Duncan, 32405 N. Highway 12, Ingleside, Ill. Also, please check out Camp Duncan's web site at [www.ymca-camps.org/duncan](http://www.ymca-camps.org/duncan) and feel free to e-mail questions to [colleen@ymcacampduncan.org](mailto:colleen@ymcacampduncan.org).

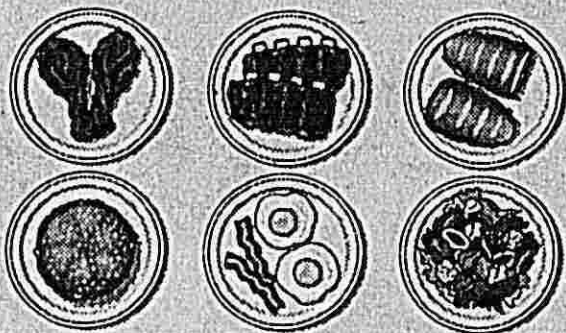
Look at your children's school calendar to see what days they are off of school. YMCA Camp Duncan programs are going on now and again on March 31 - April 4.



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**RJ's Eatery**

### Easter Bunny Luncheon

Join us at RJ's Eatery on Saturday, April 12<sup>th</sup> from 12:00 to 4:00. At 12:30 our Easter egg hunt starts, which will be followed by a picture with the Easter Bunny, make your own frame and your choice of a kids meal. All of this only \$9.99 for kids up to 12 years old.

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## 'A Lovely Sunday for Creve Coeur'

**A** Lovely Sunday for Creve Coeur by Tennessee Williams is open now through April 6. Show times are Friday and Saturdays at 8 p.m. and the last three Sundays at 2 p.m.

Ticket prices range \$8 to \$18. Group discounts are available. Call 708-524-1892 Tuesday through Friday for advanced reservations or arrive at the box office as early as 45 minutes before curtain.

The play marks a return by this incomparable playwright to the poetic naturalism that first established him as a major artist. Set in 1935, Body pursues attempts at matchmaking for her brother and roommate, Dortha - who is in love with another

man. Unbeknownst to Dortha, "the other man" has recently announced his engagement in the local papers - a notice, which is fanatically being hidden from Dortha to spare her a broken heart. Classic Williams themes resound along with some wonderful rare comedy from the masterful playwright. "A world where dreams are as fragile as the glass menagerie" - NY Times. "Williams has rarely been funnier, or for that matter, more compassionate." - NY Post. Village Players Theater welcomes Jack Hickey and Roxanne Fay, the new artistic directing team of Festival Theater, to direct our third main stage shows of the 2002-2003 season.

## Cabaret Concert, at the Byron Colby Barn

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Tamara brings to the stage an eclectic mix of musical styles which covers all of your favorites from the 50s to the present. She will mesmerize you with her stage presence and her vocal dynamics.

Tamara will also be performing an intimate unplugged set with her acoustic guitar. She will be joined by a very special guest, guitarist Jeff Orell. Come and enjoy a performance which will leave you spellbound and hanging on every last note. Become part of this special night at The Byron Colby Barn on April 4 at 8 p.m. \$15. BYOB. Doors open at 8 p.m. Show time is 8:30-10:30 p.m. The Byron Colby Barn is located in Grayslake on the west side of Route 45, 1/2 mile south of Route 120. Enter at the light at Jones Point Rd. RSVP: 847-543-1202

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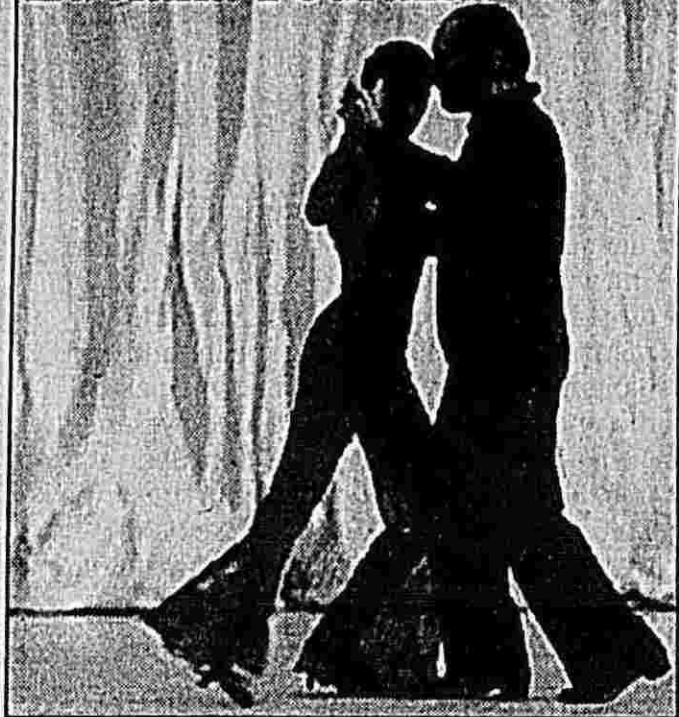
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## Interview with Robert Duvall & Luciana Pedraza



By George O. Singleton

Oscar winner Robert Duvall is a tango lover whose had the story of "Assassination Tango" in the back of his mind for over 10 years. It's a film that he wrote and directed and brings to the big screen with considerable joy and pride. This story of a hit man, who develops a passion for dancing opens on April 4th.

During a recent interview with Duvall and his girlfriend and costar Luciana Pedraza, they shared some insight on the film as well as the process of making fictional films based upon true events.

"The hardest part of doing these smaller films is getting the money," Duvall says. "They'd (studios) rather put you in a schlock project and pay you a lot of money and chances are you'll make a better movie on the same subject..."

Having a mixture of new actors that

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George & Pam Singleton  
www.reelmoviecritic.com

don't have bad habits brings validity to the film and they put the professional actors on notice. It's that mixture from those sub cultures that makes a fiction film valid."

There was no choreography of the dancing, which gives the film a down to earth quality, not overproduced. "We wanted to find a balance," Luciana says. She did not want to betray tango dancers. The dancers come from the clubs and are not classic dancers doing the tango.

The general perception is that there is bad blood between Duvall and Francis Coppola because he turned down the role in "Godfather III," for not getting paid on par with other actors. Duvall corrects this notion by saying, "He (Coppola) doesn't hold grudges...he put up the money for this project." Coppola is an executive producer of "Assassination Tango."

Luciana has some documentary projects in the hopper. She likes acting but she may not have a deep passion for it. She is tempted but says, "you have to put up with a lot of things...so I don't know if I have the patience and love for this."

After more than 40 years of acting, Duvall has the spark of a newcomer. By watching documentaries he continues to hone his craft. Like a fine wine, Duvall just gets better with time. And for Luciana, she has found both a great friend and mentor. It's good to see the passion in one's personal life come through in a film.

## Every body is truly 'awesome'

### The Human Body

Rating  
Not Rated  
Director  
Peter Georgi



The complexities of the human body are explored by investigating, in great detail, many functions the body performs routinely every day.

IMAX takes MAX to the mini by using the latest in technology to travel inside our body to look at how we function. We watch the trip of a cherry tomato from mouth to stomach, a peak inside a heart valve as it opens and closes,

and a human egg (the largest cell) being fertilized by a sperm.

Packed into 40 minutes are a host of facts, stunning images and a story that holds it all together. We follow the lives of Buster and Heather Pike who are house/child sitting for their niece and nephew Zannah and Luke (Zannah Lawrence and Luke Brinkers). This well put together film touches on what goes into the body as well as what comes out, without being gross or inappropriate. By the end of the film we see Heather give birth to her baby and the genital areas of infant boys and girls in a swimming pool.

Watching hair grow and seeing the moving x-rays of a dog running behind Luke as he's riding his bike was fascinating. Looking at an egg as a sea of sperm made its way toward it gave meaning to "the moment of conception." Seeing a hand form as cells die, to create fingers from a paddle, was stunning, as it debunks our thinking on the way that limbs develop.

Three years in the making, "The Human Body" is a power packed documentary/science project that holds your attention every moment. Unlike most IMAX films, which take us far from home, this personal view shows us being us.

At the IMAX Cinemark in Woodridge (near Oakbrook).

### Boat Trip

Rating

R  
Strong Sexual content, language and some drug material

Director

Mort Nathan

Starring

Cuba Gooding Jr., Horatio Sanz  
Roselyn Sanchez, Vivica A. Fox



This cruise never leaves the dock.

'Boat Trip', starring Cuba Gooding Jr. and Vivica A. Fox.

Jerry and Nick (Cuba Gooding Jr. and Horatio Sanz) are best friends who wind up on a gay cruise though they are very much into making it with the ladies.

Jerry broke up with his girlfriend Felicia (Vivica A. Fox) six months earlier when he vomited on her during his marriage proposal in a hot air balloon. Her reply was that she was dumping him for a relationship with the guy that details her car 340 times, stupid and not funny.

Nick convinces Jerry that they should take a one-week cruise so they can meet lots of ladies who want to party between the sheets. Because of an insult to a gay travel agent, they

are unknowingly booked on a gay cruise as retribution. The humor is supposed to come from Nick and Jerry slowly figuring out the environment they are in. With a slew of gay clichés and images paraded before us, a dozen blond bimbos serving as sex objects, etc., this film overdoses on being offensive and stupid. Even worse is a comedy that is not funny.

Even though George laughed a few times, it quickly became offensive because it was so stupid. The list of things not to like about the film is too long to enumerate. This is not your father's "Old School."

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SHOWTIMES FOR FRI 3/28 THRU THU 4/3

The Core (PG13) ✓	12:30, 3:30, 7:00, 10:00
The Core (PG13) ✓	2:00, 5:00, 8:15
Basic (R) ✓	12:45, 3:05, 5:25, 7:45, 9:55
Basic (R) ✓	1:40, 4:05, 6:25, 8:45
Head of State (PG13) ✓	12:30, 2:50, 5:10, 7:30, 9:55
Head of State (PG13) ✓	1:30, 3:50, 6:10, 8:40
Blue Collar Comedy Tour (PG13) ✓	1:15, 3:45, 6:50, 9:20
Spirited Away (PG) ✓	1:10, 4:00, 7:05, 9:50
View From The Top (PG13) ✓	1:05, 3:15, 5:30, 7:40, 9:50
Boat Trip (R) ✓	3:35, 9:40
Dreamcatcher (R) ✓	Fr, Su - Th 12:50, 4:00, 7:20
Dreamcatcher (R) ✓	Sa 12:50, 4:00
Dreamcatcher (R) ✓	2:00, 5:20, 8:30
Piglets Big Movie (G) ✓	1:00, 3:00, 5:00, 7:00
Agent Cody Banks (PG) ✓	Fr - Sa, Mo - Th 12:35, 3:00, 5:15, 7:35
Agent Cody Banks (PG) ✓	Su 5:15, 7:35
Agent Cody Banks (PG) ✓	1:45, 4:10, 9:25
Willard (PG13) ✓	12:45, 3:05, 5:25, 7:45, 10:00
The Hunted (R) ✓	1:00, 3:35, 6:00, 8:30
Bringing Down the House (PG13) ✓	12:35, 3:10, 5:45, 8:20
Tears of the Sun (R) ✓	7:15, 9:30
Old School (R) ✓	12:50, 3:30, 6:10, 9:00
How to Lose a Guy in 10 Days (PG13) ✓	12:45, 4:15, 7:05, 9:35
About Schmidt (R) ✓	1:45, 4:15, 7:05, 9:35
Chicago (PG13) ✓	Advanced Showing Sa 7:30
What A Girl Wants (PG) ✓	Open Captioned Su 5:15, 7:35
Agent Cody Banks (PG) ✓	

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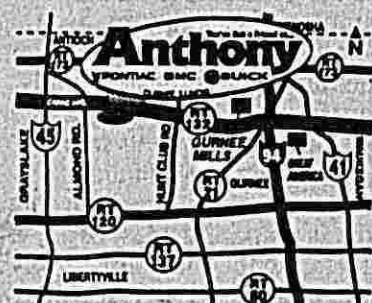
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# LONGHORN STEAK & CRAB SHACK

## "THE SHACK SNACKS AND APPETIZERS"

**Baked Clams de Jonghe** on 1/2 Shell  
Garlic, wine, mustard, spices and buttered bread crumbs top this favorite. (6) \$8.95 (12) \$12.95

**Fresh Shucked Oysters** on 1/2 Shell  
Traditional style with lemon cocktail sauce and tabasco or bloody mary style with diced pickles, horseradish, drop of vodka, tomato juice and onion. Both styles refreshing and good... (6) \$8.95 (12) \$12.95

**Snow Crab Cluster Bucket**  
Snap, crack, dip and eat a bountiful treat. Served with hot drawn butter. 1 Lb. for only \$14.95

**Bucket of Fresh Mussels**  
Butter, herbs & garlic or marinara with garlic, tomato & basil \$8.95

**Chilled Peel & Eat Boiled Shrimp**  
With lemon and cocktail sauce  
Small Basket \$10.95 Large Basket \$15.95

**Skewered Cajun Prime Rib Strips**  
Tender strips of prime rib skewered, blackened, rolled and served on a bed of rice with hot horseradish sauce. \$14.95

**Teriyaki Beef Tips On Brochette**  
Marinated with ginger and cooked to your liking. Served on a bed of rice \$8.95

**Hot Spicy Buffalo Wings**  
Served with spicy honey mustard sauce and sliced red bell peppers. (6) \$5.50 (12) \$9.50

## LONGHORN STEAK & CRAB SHACK SPECIALTY SANDWICHES AND BURGERS

### "Paul's Campfire Chili"

A bowl of tender chunks of grilled steak blended with a rich chili sauce full of rough cut onions, sweet peppers, celery, carrots and a variety of hot imported peppers. Served with oyster crackers. Add onion, cheese and sour cream... \$1.00 Bowl... \$3.50 Cup... \$2.50 With Salad Add \$2.00

**Fiesta Days Prime Rib Sandwich**  
Feast on prime rib slowly roasted, sliced thin and stacked high on a fresh kaiser roll. Sweetened with red bermuda onions, a bit of horseradish and au jus. Stone ground mustard makes this a must! Served hot with spicy fries, cole slaw and a polish dill pickle. \$9.95 with salad add \$2.00

### "Mom's Baked Ham in a Pouch"

Hot baked ham sandwich with swiss cheese and dijon mustard soaked and baked in an aluminum pouch. Served hot with spicy fries, cole slaw and a polish dill pickle. \$7.95 With salad add \$2.00

## THE SHACK'S BLACK ANGUS BURGERS

**The Original Trailburger**  
Served on a bun deluxe style. Lettuce, tomato, raw onion & pickle \$5.95

**The Cheesy Trail**  
Served on a bun with choice of american, cheddar, swiss or mozzarella cheese. \$6.45

**The Blue Burger**  
On dark rye with raw onion and our bleu cheese creamy topping. \$7.50

**The Forest Burger**  
Topped with mushrooms and swiss cheese and served on dark rye. \$6.75

Add a salad bowl with any burger or sandwich... \$2.00

## THE SHACK'S CHILLED CREATIONS

**Black and Blue**  
Blackened sirloin sliced in strips laid upon a crisp caesar salad and topped with crumbled bleu cheese \$8.95

**Grilled Peppered Salmon Salad**  
Peppered salmon flash grilled and layered upon a mixture of greens and chilled rice with vegetable garnish. Topped with a balsamic vinaigrette dressing. \$8.95

**Spinach Salad**  
Fresh spinach with bacon, mushrooms, chopped eggs and diced onions. Served with warm bacon dressing. \$5.95  
Add flaked tuna or diced chicken breast for... \$3.00  
Add shrimp for... \$3.50

## ALL BASKETS SERVED WITH HOUSE COLE SLAW, PICKLE AND SPICY FRIES

**Basket of Crisp Battered Fried Smelt**  
Served with coleslaw and fries. A sweet treat \$9.95

**Chicken Ranch Sandwich Basket**  
Grilled chicken breast, red bermuda onions, shaved lettuce and ranch dressing on a kaiser roll. \$6.95

**Jumbo Fried Pieces of Sweet Shrimp in a Basket**  
Everyone's favorite selected shrimp, extra large pieces, crispy on the outside and tender on the inside. Served with spicy fries. Served in a basket \$10.95

**Marinated Skirt Steak Sandwich Basket**  
On a crisp roll with lettuce, tomato, onion, served with fries. Served in a basket \$10.95

## SWEET THINGS

**The Shack Family Split** ...\$4.95  
3 Flavors of ice cream rolled into 3 sweet crepes topped with hot fudge, strawberry sauce, whipped cream and a cherry. Enough to share!

**Hot Fudge Brownie Supreme**...\$4.50  
Double chocolate brownie with vanilla ice cream raspberry sauce and hot fudge. Topped off with whipped cream. Awesome!!

**Assorted Ice Cream Scoop** ...\$2.25

**Ice Cream Crepe A La Cherries Jubilee** ...\$4.50  
Sweet crepes filled with ice cream and covered with hot bing cherry jubilee sauce. Finished with whipped cream

**Colossal Strawberry Shortcake** ...\$4.50  
Rich vanilla ice cream served over a baking powder biscuit covered with whipped cream and strawberries.

**Assorted Sundaes** ...\$3.25

**Premium Flavor Coffee with Whipped Cream**...\$3.50  
Caramel Coffee  
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Vanilla Coffee



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## ENTRIES

All meals served with house salad bowl, herb dip, crab dip and crackers, potato and hot fresh 7 grain bread. Served on platter, in a kettle or in a basket.

**Steam Boat Seafood Special**  
Lobster, oysters, clams, crab legs & shrimp in shell all seasoned & steamed and served in a kettle with butter, horseradish and cocktail sauce. \$28.95

**King Crabby Bull 1 Lb. King Crab with 8 oz. Butt Steak**  
Cooked to your liking with onions or mushrooms add \$1.00 each Served on platter \$32.95

**Queen Crabby Bull 1.5 Lb. Snow Crab with 8 oz. Butt Steak**  
Cooked to your liking with onions or mushrooms add \$1.00 each Served on platter \$22.95

**Alaskan Crab Legs**  
These are jumbo & sweet. The best available in today's market. Cold water and firm. Served with lemon and butter. Served in a basket One Full Pound... \$23.95 One and a Half Pounds... \$33.95

**Jumbo Snow Crab Clusters**  
Sweet knuckle meat and solid legs with claws make this a snap & eat delicacy. Served with lemon and butter. Served in a basket. One and a Half Pounds... \$19.95

**Seafood Mixed Grill**  
Salmon, swordfish, scallops & shrimp. Pit broiled and laid to rest on a bed of rice. Laced with tangy teriyaki sauce. Served on a platter \$16.95

**Fresh Black Mussels with Linguine**  
Tender sweet mussels sautéed in butter and garlic, tossed with pasta and finished with marinara sauce or butter sauce. Served on a platter \$13.95

**Shrimp and Linguine Sautéed**  
Sweet shrimp lightly sautéed in butter, garlic and herbs, tossed into a bed of linguine. Full of flavor! Served on a platter \$15.95

**Broiled Lobster Tail**  
Truly a taste treat for the discriminating diner! Enjoy a full pound of sweet, firm cold water lobster meat served with drawn butter. Served on a platter Market Price

**Fresh Tuna Pepperard**  
Tuna Crusted in Black Pepper. Smothered in red and green bell pepper and onions Served on a platter \$16.95

**Cajun Broiled Salmon**  
Served in a basket on bed of caramelized onions. Tasty & tangy! Served on a platter \$16.95

**Steaks**  
On the platter or in a basket Add: Mushrooms...\$1.75 Sautéed Onions...\$1.75 3 Fried Shrimp...\$4.00

**Smothered Bleu T-Bone**  
Prime center cut T-Bone covered in bleu cheese. Layed to rest on green peppercorn sauce. Cooked to your liking. Served on a platter 16 oz...\$17.95

**Prime Rib of Beef, Au Jus**  
Everyone's Favorite! Flavor is seared in and then slowly roasted for a succulent, moist treat. Your choice of cuts to meet your appetite. Available Friday, Saturday and Sunday, heavier cuts on request. Served on platter 16 oz...\$18.95 10 oz...\$15.95

**New York Strip Steak**  
For the true steak lover with an appetite, a juicy 14 ounce steak which is all center cut. Served on a platter 14 oz...\$18.95

**Center Cut Butt Steak**  
A delicious center cut from the top of the sirloin. There is plenty of eating enjoyment from this chunky, tasty steak. Served on a platter 10 oz...\$15.95

**Bar-B-Q Ribs**  
A McHenry favorite for over 20 years. This crowd pleaser offers our famous, tender ribs with our own special tangy sauce. Almost 1 1/2 lbs. to a meaty slab. Served in a basket Full Slab \$16.95 Half Slab \$12.95

**Pork Chops— Sweet Breaded**  
Thick chops fried just right to lock in the juicy goodness. Choose from full pound (2 chops) or 1/2 pound (1 chop) Servings. Served on a platter 2 Chops...\$15.50 1 Chop...\$12.50

**THE SHACK'S PIZZA PIE IS A CROSS  
BETWEEN AN OPEN FACE SANDWICH  
AND A PIZZA. MAKES A GREAT MEAL  
FOR 2 OR AN APPETIZER FOR  
MORE. PIZZA PIES COME IN TWO  
SIZES 7 INCH OR 12 INCH. AN  
EXPERIENCE NOT TO BE MISSED!!**

**Philly Steak Pizza Pie**  
Thin sliced choice beef with green peppers, onions, mushrooms, dressed with peppercorn sauce and mozzarella cheese. (7") \$7.00 (12") \$12.00

**Chicken BBQ Pizza Pie**  
Grilled chicken breast diced and layered with onion, mushroom, and special pizza pie BBQ sauce, topped with mozzarella cheese (7") \$7.00 (12") \$12.00

**Sicilian Ranch Pizza Pie**  
Sausage, hard salami, and mushrooms with rich tomato marinara, topped with real milk mozzarella. (7") \$7.00 (12") \$12.00

**Junior's Cheese Pizza Pie**  
Great for 2 or 3 Junior cowhands. A special pizza pie sauce topped with cheddar and mozzarella. (7") \$5.00 (12") \$14.00

**Sirloin Blue Pizza Pie**  
Chunks of broiled teriyaki steak with red pepper, onions and black olives on a special brown sauce. Topped with mozzarella and blue cheese. (7") \$8.00 (12") \$14.00

**Chili Pizza Pie**  
Camp fire recipe chili with onions, steak pieces, assorted peppers and cheddar cheese. Sour cream on the side. (7") \$7.00 (12") \$12.00

**Grazing Veggie Pizza Pie**  
Onions, Green Peppers, Mushrooms, spinach, tomatoes and marinara sauce smothered in melted mozzarella. (7") \$7.00 (12") \$12.00

## SHOW

### It's in the bag!

Red Oaks, 340 Old McHenry Road, Long Grove will present a special showing of Vera Bradley Design handbags, accessories, and table-top items from 10 a.m. to 5 p.m. on Thursday, April 10 through Sunday, April 13.

The show will feature the new silks and petal power pieces for spring. Vera Bradley representative Mandi Peet, will be at the shop on Thursday and Friday to talk about the line and to answer questions.

Red Oaks, housed in part of an original 1850's farmhouse, features ten rooms of country and traditional home furnishings, accessories, and gifts. For information, phone 847-634-3044.

## THEATRE

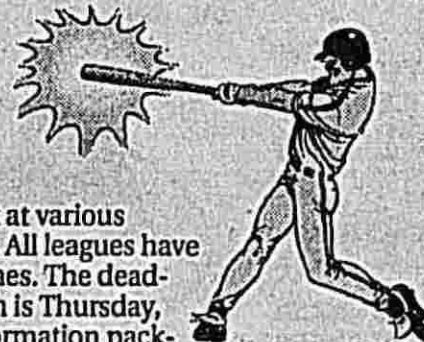
### 'Cinderella'

Clear Channel Entertainment's Broadway at the Rosemont Theatre series presents Richard Rodgers and Oscar Hammerstein's musical "Cinderella," Friday, April 11 at 8 p.m., Saturday, April 12 at 2 and 7:30 p.m., and Sunday, April 13 at 1 and 5 p.m. tickets are \$29.50 - \$54.50 and can be purchased at the Rosemont Theatre Box Office, located at 5400 N. River Road, Rosemont, Ill, at www.cc.com, by calling Ticketmaster at 312-559-1212 or visiting any Ticketmaster outlet. Cinderella is the third production in the new Broadway at the Rosemont Theatre series. The Rosemont Theatre is located in Rosemont at 5400 N. River Rd.

## SPORTS

### Adult Spring Softball Leagues

Men's 16" and 12", Women's 12" and Co-Rec 14" Softball Leagues are presently forming for adults at the Northbrook Park District. Leagues will be determined according to skill levels and play will begin on Thursday, May 1st at various Northbrook Parks. All leagues have ten scheduled games. The deadline for registration is Thursday, April 10th and information packets may be obtained at the Park District Athletics Office, 1810 Walters Avenue. Registration fees are \$575 per team plus \$10 for every non-resident on the roster. For more information, please call 847-291-2369.



## GARDENING

### How does your garden grow?

"Gardening for new homeowners in Lake County" will be the free presentation sponsored by the Gardeners of Central Lake County on Monday, April 14. A panel of club members will discuss basic-starter topics such as site selection, soil preparation, fertilizing, mulching, perennials, annuals, vegetables and herbs. The meeting will begin at 7:30 p.m. The Gardeners meet at the Libertyville Township Offices, 343 Merrill Court, Libertyville. The public is invited. For more information or directions, call 847-816-8007.



## ART EXHIBIT

### Local Artist at Round Lake Library

Award winning artist Catherine Ladner's paintings are being exhibited at the Round Lake Library now through April 30. Ms. Ladner has been recognized as the Tole Painting Champion for the past two years at the Lake County Fair for her whimsical style. Her work along with her students has also been exhibited at the Lake County Discovery Museum in Wauconda. For this show, Ms. Ladner has elected use acrylics to display examples of her numerous portraits plus paintings of Lake County homes and businesses.

## CONVENTION

### 'Breakfast with Champions'

Yo-Yo Champions of past and present will be honored as the first world-wide Breakfast With Champions; Sunday, April 6, at 10 a.m. during the 8th annual Yo-Yo Convention in downtown Burlington, Wis.

This is a universal call to yo-yo champions everywhere from anywhere to place their name on the "List of Champions" and be a part of the "Breakfast with Champions." Champions, aspiring champions, and yo-yo fans are all invited. Everyone can eat their Wheaties and other breakfast foods, hear a first-hand story from each Yo-Yo Champion, and have a privileged look at a few contest prizes of past and present. Autograph time will follow.

The non-profit, Spinning Top Museum, sponsor of the convention, is preparing a List of Champions, to be posted in the Museum, as this is an important part of childhood history. Anyone knowing of a champion can also submit information. Call 262-763-3946 for details, or send a stamped self-addressed envelope to Spinning Top Museum, 533 Milwaukee Ave., Burlington, WI 53105. Or e-mail: thetopmuseum@hotmail.com.

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- Seniors Fitness Program
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TERM	36 months	36 months	60 months
APR	0%	<b>CCCU's 3.99%</b>	<b>CCCU's 3.99%</b>
FACTORY REBATE	\$0 -- not applicable	\$2,500	\$2,500
AMOUNT FINANCED	\$20,000	\$17,500	\$17,500
<b>MONTHLY PAYMENT</b>	<b>\$555.56</b>	<b>\$516.59</b>	<b>\$322.21</b>
<b>TOTAL REPAYMENT</b>	<b>\$20,000</b>	<b>\$18,597</b>	<b>\$19,333</b>

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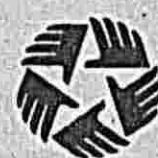
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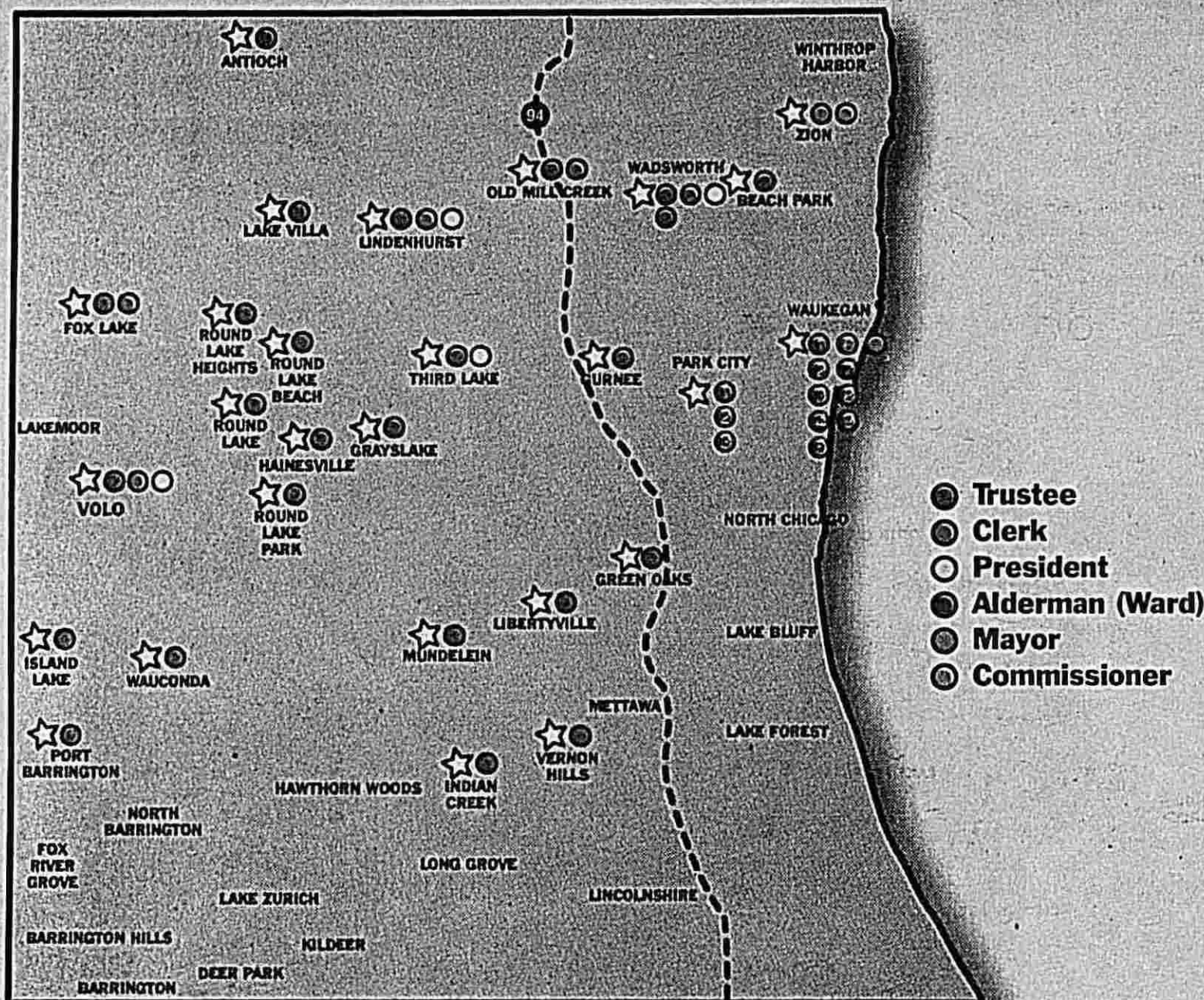


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## Municipal Races



## Referendums

**ANTIOCH COMMUNITY CONSOLIDATED SCHOOL DISTRICT 34**

- Proposition to increase maximum annual educational tax rate (from 2.1% to 2.68%)

**BEACH PARK FIRE DEPARTMENT**

- Proposition to levy a special tax for emergency and rescue crews and equipment
- Proposition to levy a special tax to provide for ambulance service

**COOK MEMORIAL PUBLIC LIBRARY DISTRICT**

- Question to issue \$27,700,000 in library bonds
- Proposition to increase the annual public library tax rate of the library district (from .25% to .31%)

**EMMONS SCHOOL DISTRICT 33**

- Proposition to increase maximum annual educational tax rate (from 1.64% to 2.16%)

**FREMONT PUBLIC LIBRARY DISTRICT**

- Proposition to increase maximum public library tax rate (from .22% to .33%)

**FREMONT SCHOOL DISTRICT 79**

- Proposition to increase maximum annual educational tax rate (from 1.82% to 2.02%)

**GRASS LAKE SCHOOL DISTRICT 36**

- Proposition to increase the maximum annual tax rate for educational purposes (from 1.99% to 2.43%)

**COMMUNITY CONSOLIDATED SCHOOL DISTRICT 46**

- Bond issue authorization (\$35 million) for new school
- Increase tax rate for educational purposes (from 2.61% to 3.5%)

**GURNEE SCHOOL DISTRICT 56**

- Proposition to increase maximum annual educational fund tax rate (from 2.18% to 2.68%)

**MCHENRY COMMUNITY CONSOLIDATED SCHOOL DISTRICT 15**

- Proposition to increase maximum annual educational tax rate (from 1.96% to 2.46%)

## Park District Races

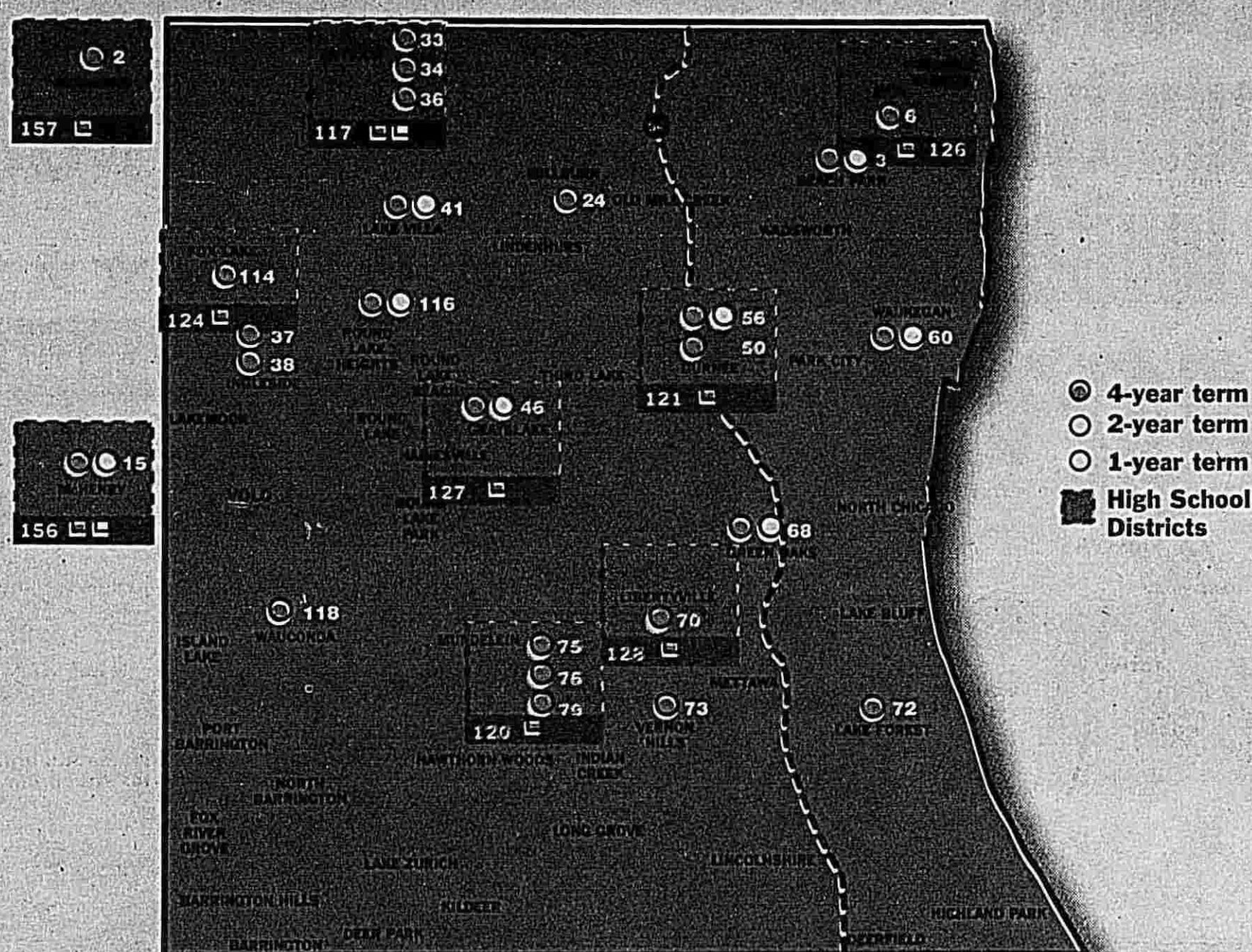
<b>ANTIOCH</b>	<b>TRUSTEE (3)</b> Barbara Porch (I) Ralph Antonelli (I) Larry Hanson (I) John R. Moulchin (I) Mary J. Turner (I)	<b>PRESIDENT (1)</b> James J. Betustak (Lindenhurst Citizens Party) Terrance L. Cashmore (New Perspective Party)	<b>TRUSTEE (3)</b> Marva Meeks (United We Stand Party) Jack Germann (United We Stand Party) Mike Mahoney (United We Stand Party)
<b>BEACH PARK</b>	<b>TRUSTEE (3)</b> Jane C. Ochoa (I) Richard A. Gust (I) Roger W. Spencer (I) Edward (Ted-E) Holden (I)	<b>CLERK (1)</b> Donna L. Bauschke (Lindenhurst Citizens Party) Barbara J. Stout (New Perspective Party)	<b>TRUSTEE (3)</b> Jean McCue (Village Voices Party) Kenneth E. Schnur Sr. (Village Voices Party) Guy C. "Chris" Lucas (Village Voices Party)
<b>FOX LAKE</b>	<b>CLERK (1)</b> Noel Working (I)	<b>TRUSTEE (3)</b> Carl D. Norlin (Lindenhurst Citizens Party) Ken L. Czyzewicz (Lindenhurst Citizens Party) Mary E. McCarthy (Lindenhurst Citizens Party) Dominic Marturano (New Perspective Party) Kathleen Georgen (New Perspective Party) Scott J. Keenan (New Perspective Party) Rhett Mitchell (I)	<b>PRESIDENT (1)</b> Donna Golchert (I) Steve Chiodo (I) James Tutaj (I)
<b>GRAYSLAKE</b>	<b>TRUSTEE (3)</b> Terese Douglass (I) Paul Reblin (I) John J. MacAulay (I) Jeff Werfel (I) Shawn M. Vogel (I)	<b>TRUSTEE (3)</b> Raymond T. Semple (I) Ed Sullivan (I) Kenneth H. Kessler (I) Colleen Sparks (I) Mary Pam (Schultz) Meehan (I) Terri Voss (I)	<b>TRUSTEE (3)</b> Rodney "Butch" Buckley (I) Robert W. Kowalke (I) Michael Sheppard (I) Costas Loukopoulous (I) George Loukopoulous (I) Dan Penny (I) Jean Kaminski (I)
<b>GREEN OAKS</b>	<b>TRUSTEE (3)</b> Bernard Wysocki (I) John T. Wagener (I) Richard Glogovsky (I)	<b>CLERK (1)</b> No candidate	<b>TRUSTEE (3)</b> Neil Goldberg (I) Hal R. Morris (I) Cynthia R. Hebda (I) Alvin Israel (I) Stephanie Weil (I) Richard "Rich" F. Cashman (I)
<b>GURNEE</b>	<b>TRUSTEE (3)</b> Ray Damjonaitis (I) Kristina Kovarik (I) Karen Wasser (I)	<b>TRUSTEE (3)</b> Wolfgang Berthold (I) Ruth White (I) Dawn J. Revenaugh (I) Marie C. Lyons (I)	<b>PRESIDENT (1)</b> Burnell Russell (I)
<b>HAINESVILLE</b>	<b>TRUSTEE (3)</b> James A. Bonds Jr. (I) Gary Walkington (I) Jeff Gately (I)	<b>WARD 1 ALDERMAN (1)</b> David Siebenbrodt (I)	<b>CLERK (1)</b> LaVerne Drake (I)
<b>INDIAN CREEK</b>	<b>TRUSTEE (3)</b> Willis Foster (I) Gerald Carollo (I) Chuck Jennings (I)	<b>WARD 2 ALDERMAN (1)</b> Judith A. Perosa (I) Eddie L. Vance (I)	<b>TRUSTEE (3)</b> Eric Nielsen (I) Arthur E. Hill Jr. (I) William C. Grams (I)
<b>ISLAND LAKE</b>	<b>TRUSTEE (3)</b> Gregory R. Guido (People's Choice for Island Lake) Thomas P. Hyde (People's Choice for Island Lake) Steven J. Stiller (People's Choice for Island Lake) Thomas E. Martin (It's About Time) Eberhard K. Becker (It's About Time) Calvin C. Clay (It's About Time) Dan Schmidt (I)	<b>WARD 3 ALDERMAN (1)</b> Allen Layburn (I) John M. Palmieri (I) Keith W. Neuvirth (I)	<b>PRESIDENT (1)</b> John Nordigian (I) Evelyn Marie Hoselton (I) Ken Furlan (I)
<b>LAKE VILLA</b>	<b>TRUSTEE (3)</b> David T. Hartwig (I) David A. Dykstra (I) Glen "Bud" Osmond (I) Jeffrey L. Nielsen (I) Joyce F. Frayer (I) Patrick Duggan (I) Lawrence Kurtz (I) Ann Vazquez Miller (I)	<b>TRUSTEE (3)</b> Sherry Perkowitz (New Focus Party) Patricia C. Blauvelt (New Focus Party) William J. Schmid (New Focus Party) Jerry Shaw (I) Yolanda Lomell (I) Mark Schnur (I)	<b>CLERK (1)</b> Christine Stickler (I)
<b>LIBERTYVILLE</b>	<b>TRUSTEE (3)</b> Jeffrey A. Harger (I) David A. Glza (I) Robert L. Peron (I) William J. Westerman (I)	<b>TRUSTEE (3)</b> Gina Miosi (Proven Leadership Party) Tom Smith (Proven Leadership Party) Sue Butler (Proven Leadership Party) Robert W. Kellie (I)	<b>TRUSTEE, 4-YR. TERM (3)</b> Lynn Schlosser (I) Debbie Spurgeon (I) Glenn Ryback (I) Mary Carmody (I)
			<b>TRUSTEE, 2-YR. TERM (1)</b> Mike DeMarco (I)
			<b>TRUSTEE (3)</b> David Wanshek (Liberty Team of Wauconda Party) Liza Johnson (Liberty Team of Wauconda Party) Gregg Turner (Liberty Team of Wauconda Party) Patrick Murphy (I) Paul C. Bird (I) Sal Saccamano (I)

<b>COMMISSIONER (2)</b> Alain H. Oller Robert W. Ellis	<b>COMMISSIONER (3)</b> Michele A. Stancil Ken Ryan George Weinert	<b>COMMISSIONER, 4-YR. (2)</b> Robert E. Sommerlad Donna Kolar Russ Johnson	<b>COMMISSIONER, 2-YR. (1)</b> Charlie Williams	<b>COMMISSIONER, 4-YR. (1)</b> Dean A. Parkman	<b>COMMISSIONER, 2-YR. (1)</b> James H. Stout	<b>COMMISSIONER (2)</b> Wally Frasier Kevin Dolan	<b>COMMISSIONER (2)</b> Barbara Daudelin James L. Shook	<b>COMMISSIONER (2)</b> Monica Lee Lundeen Lorene Komorita Cynthia Peterson Gale Walters Michael Meline
<b>COMMISSIONER (3)</b> Mark Liddell Mark Knigge Joseph M. Munson Wanda Jackson Kadlec	<b>COMMISSIONER (2)</b> Janet E. Kilkelly William Blang Terry Duffy Gregory E. Besler William "Biddy" Johnston	<b>COMMISSIONER, 6-YR. (1)</b> Steven Gauthier Kathryn Thoman Richard L. Nelson Jr.	<b>COMMISSIONER, 2-YR. (1)</b> JoAnn Ellison	<b>COMMISSIONER, 6-YR. (1)</b> Richard LaBelle	<b>COMMISSIONER, 4-YR. (1)</b> Edna Zoephel	<b>FOX WATERWAY AGENCY</b>		
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<b>MAYOR (1)</b> Richard H. Hyde (D) Daniel J. Hirsch (R)	<b>WARD 7 ALDERMAN (1)</b> Richard J. Roth (D) Patrick R. Needham (R)	<b>WARD 8 ALDERMAN (1)</b> Richard C. "Rick" Larsen (D) Robert W. Taylor (R) Andrea M. Leonard (I)	<b>WARD 9 ALDERMAN (1)</b> Rafael "Ralph" Rivera (D) Richard A. Miholic (R)	<b>MAYOR (1)</b> Lane Harrison	<b>COMMISSIONER (2)</b> Richard L. Cochrane Sr. Jim Taylor Frank A. Flammini Shawn T. White
<b>WARD 1 ALDERMAN (1)</b> Samuel Cunningham (D)	<b>WARD 2 ALDERMAN (1)</b> John L. Balen (D)	<b>WARD 3 ALDERMAN (1)</b> Ray Vukovich (D) Thomas M. Lex Sr. (R) Margaret (Padilla) Carrasco (I)	<b>WARD 4 ALDERMAN (1)</b> J.A. Tony Figueroa (D)	<b>WARD 5 ALDERMAN (1)</b> Dexter G. Reid (D) Edith "Edie" Newsome (R)	<b>WARD 6 ALDERMAN (1)</b> Keith E. Turner (D) Lawrence "Larry" TenPas (R) Cheryl Graham Ptasinski (I)



# ELECTION 2003



# Library District Races


<b>BOARD OF EDUCATION (3)</b> Dennis C. Cozzi Kathy Wilson Steve M. Turner	<b>BOARD OF EDUCATION (4)</b> Mary Jane Rattner Annie Christie Maureen Berzanski Jose Hernandez William Coll	<b>BOARD OF EDUCATION (3)</b> Barbara Gordon Donna Flammini Lisa Isaac Flori J. Cain Rich Baker	<b>TRUSTEE (3)</b> James Lumber Richard A. Anderson William M. Griffin Patricia Jones Cheryl Doros	<b>TRUSTEE (3)</b> Kathryn L. Caudill Raymond T. Pelelas Karen A. O'Sullivan Barbara S. Johnson Thomas F. Logan Sr. Cindy Tweten
<b>BOARD OF EDUCATION, 4-YR. (3)</b> Jerry G. Nordstrom Tom Lanum Kathy A. Amundsen Larry Harton	<b>BOARD OF EDUCATION, 4-YR. (4)</b> Joanne H. Osmond Ronald J. Vickers Darla Vanderwall	<b>BOARD OF EDUCATION, 4-YR. (4)</b> Matthew Daye Cecilia Real Hal Davis Nanci Radford	<b>TRUSTEE (2)</b> Frances Glosson Michael Vijuk Jose S. Rivera Nicholas E. Stoddard Thomas F. Suhrhoff Mary R. Miller	<b>TRUSTEE (2)</b> Richard E. Wend Carolyn Vanco
<b>BOARD OF EDUCATION, 2-YR. (1)</b> Cinda A. Bowen Scott Koepsel	<b>BOARD OF EDUCATION, 2-YR. (1)</b> Sue DeRose	<b>BOARD OF EDUCATION, 2-YR. (2)</b> Rick Cox Terre Ezyk	<b>TRUSTEE (2)</b> Frances Glosson Michael Vijuk Jose S. Rivera Nicholas E. Stoddard Thomas F. Suhrhoff Mary R. Miller	<b>TRUSTEE (2)</b> Richard E. Wend Carolyn Vanco
<b>BOARD OF EDUCATION (3)</b> No candidates	<b>BOARD OF EDUCATION (3)</b> Ellen Jennings George Shafer Joseph W. Newman	<b>BOARD OF EDUCATION (3)</b> Jeff Antonetti Thomas A. Weber Sr. Brian Swanson Harold Bray James J. Ritchhart John C. Armstrong	<b>TRUSTEE (2)</b> Larry McShane Roy E. Lucke	<b>TRUSTEE (2)</b> Scott J. Landy Beverly Duran
<b>BOARD OF EDUCATION, 4-YR. (3)</b> Michael Desko Neal Takiff Cheryl Davis Keith Surroz Susan Facklam William E. "Bill" Wallace Joanne Manarik-Alvarez	<b>BOARD OF EDUCATION, 4-YR. (3)</b> Christopher A. Cardamone Lauren Manusos Albert "Al" Castellanos William P. "Billy" Miller David T. Lawson	<b>BOARD OF EDUCATION, 4-YR. (3)</b> Jeff McBride Marvin Reddick Fernando R. Shipley	<b>TRUSTEE (2)</b> Larry McShane Roy E. Lucke	<b>TRUSTEE (2)</b> Scott J. Landy Beverly Duran
<b>BOARD OF EDUCATION, 2-YR. (1)</b> Karen Weinert Sharon Rogers-Werneke	<b>BOARD OF EDUCATION, 2-YR. (1)</b> Richard J. Losch	<b>BOARD OF EDUCATION, 1-YR. (1)</b> No Candidate	<b>TRUSTEE (2)</b> Larry McShane Roy E. Lucke	<b>TRUSTEE (2)</b> Scott J. Landy Beverly Duran
<b>BOARD OF EDUCATION (4)</b> Rick Eggert Ron Carlson Cheryl M. Longfellow Melissa B. Donaldson William A. Poetker III	<b>BOARD OF EDUCATION (3)</b> Kenneth L. Dewitt Robin Khayat Paul Hoetzer Robert J. Buehler	<b>BOARD OF EDUCATION, 4-YR. (3)</b> Vickie Axton Sandy Jacobs Edward "Koz" Kozlorowski Thomas McConnell Marty Geweke Dave Dziki Kathleen Van Dien Reed Ano Kathy A. Werchek <b>BOARD OF EDUCATION, 2-YR. (1)</b> Joyce Murphy Heneberry	<b>BOARD OF EDUCATION (3)</b> <b>Incorporated</b> Jesse A. Ortega Al Hitzke <b>Unincorporated</b> No candidate	<b>TRUSTEE (4)</b> Linda Kauffman Esther Cepeda William Molway Steve Skinner
<b>BOARD OF EDUCATION (3)</b> Justine Atkison Damian D. England	<b>BOARD OF EDUCATION (3)</b> Kathy Metta Louis M. Bruno Doug Egan Mark H. Petersen Lisa Lemer Christopher Metke Kerl-Ann King	<b>BOARD OF EDUCATION (3)</b> Judy Sugarman Richard Friedenberg Anne Landgraf Mike McCarthy Walter Oakley Dennis Ryan	<b>BOARD OF EDUCATION (3)</b> Dennis P. Holian Kim Albright Donna Dufur	<b>TRUSTEE (2)</b> Elizabeth M. "Betty" Stover Joseph M. Foss III
<b>BOARD OF EDUCATION (3)</b> Sandi Jakes James E. Harms David W. Pennigton	<b>BOARD OF EDUCATION (3)</b> Nadine Kattner Mike Gullifor Nancy Piggot Diane Bushing Renee Patrick Cindy (Martin) Walleck	<b>BOARD OF EDUCATION (3)</b> William G. Riggs Ken Mark <b>Incorporated</b> Gregory L. Behm	<b>BOARD OF EDUCATION (3)</b> <b>Incorporated</b> Thomas B. Hood Christina Huebner <b>Unincorporated</b> Roberta J. Pfeiffer Edward R. May	<b>TRUSTEE (2)</b> Nancy E. Sheldon Nancy L. Jackson Thomas Colwell
<b>BOARD OF EDUCATION (3)</b> Eileen LeFevre Sandra Bickley Kevin R. Petschow Paul Friedman	<b>BOARD OF EDUCATION, 4-YR. (3)</b> Peter Jenkins Alexander Delll Paoli Jr. Jerome A. Saxon Karl Taylor Kelly A. Mazurek	<b>BOARD OF EDUCATION (4)</b> Gary Martin Phillip A. Lippert Chris McClain Mike Hutchins	<b>BOARD OF EDUCATION (3)</b> Brian Golwitzer Terry Isaacs Terri M. Poulsen Loren Kamer Leroy Cliff	<b>TRUSTEE (2)</b> Nancy E. Sheldon Nancy L. Jackson Thomas Colwell
<b>BOARD OF EDUCATION (3)</b> Sheryl Spooner Laura McHugh Gehard A. Jost	<b>BOARD OF EDUCATION, 2-YR. (1)</b> No candidate	<b>BOARD OF EDUCATION (4)</b> Gary Martin Phillip A. Lippert Chris McClain Mike Hutchins	<b>BOARD OF EDUCATION (3)</b> Brian Golwitzer Terry Isaacs Terri M. Poulsen Loren Kamer Leroy Cliff	<b>TRUSTEE (2)</b> Nancy E. Sheldon Nancy L. Jackson Thomas Colwell
<b>BOARD OF EDUCATION, 4-YR. (4)</b> Gaylord Strahan Kim L. Jones Theresa "Terri" Hilgendorf Helen Scott Donald R. Bradley Joe Warner	<b>BOARD OF EDUCATION (3)</b> Marjorie Loizzo Bonnie Latham Pamela P. Fantus	<b>BOARD OF EDUCATION, 4-YR. (3)</b> Lori Nelson Tom Wagner Dave Boger Michael A. Guy <b>BOARD OF EDUCATION, 2-YR. (1)</b> William J. Busse	<b>BOARD OF EDUCATION (3)</b> Brian Golwitzer Terry Isaacs Terri M. Poulsen Loren Kamer Leroy Cliff	<b>TRUSTEE (2)</b> Nancy E. Sheldon Nancy L. Jackson Thomas Colwell
<b>BOARD OF EDUCATION, 2-YR. (1)</b> Markham M. Jeep	<b>BOARD OF EDUCATION (3)</b> Dale A. Message Elizabeth "Liz" Fogarty Thomas P. Morris Jr. Linda Ivers Gall W. Bennett Sandra L. Hartogh	<b>BOARD OF EDUCATION, 4-YR. (3)</b> Lori Nelson Tom Wagner Dave Boger Michael A. Guy <b>BOARD OF EDUCATION, 2-YR. (1)</b> William J. Busse	<b>BOARD OF EDUCATION (3)</b> Brian Golwitzer Terry Isaacs Terri M. Poulsen Loren Kamer Leroy Cliff	<b>TRUSTEE (2)</b> Nancy E. Sheldon Nancy L. Jackson Thomas Colwell



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erate revenue and ease property tax reliance."**



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- Supports Lower Property Taxes.
- Supports the taxing of "Services" to relieve  
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- Supports Planned Commercial Growth.
- Supports Community Participation in local Government.
- Believes in the people and the potential of our community.
- Supports ethnic and cultural development  
in our community.
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## FROM PAGE LL1

## EYES

in testing. "There should be no shortcuts here," he said. "Each of these tests provides vital information."

He added that one should interview surgeons and not base selection on price. The FDA's web site concurs.

The FDA's site said it is important to be wary of any centers that guarantee results or offer package deals and to read any and all patient information handbooks provided by the doctor. Additionally it said, "Your doctor should be willing to discuss his/her outcomes (successes as well as complications) compared to the results of studies outlined in the handbook."

In addition to checking the FDA web site, Jackson said one should interview the surgeon. He recommended the following questions: How many procedures (whatever specific eye surgery one is looking to have done) have you performed? Are you involved in training other surgeons? If so, how many? Do other doctors,

particularly ophthalmologists, come to you? Have you had your own eyes done?

"An eye surgeon, unless he has perfect vision or isn't a candidate, should trust the technology," said Jackson. "I had my eyes done and it was like I was let out of prison. These days, you're more likely to leave your house and have an accident in your car than you are to have a complication from the surgery."

With that having been said, there is a lengthy document one must read and sign prior to surgery that outlines potential problems. Jackson's own informed consent document is seven pages and requires four to five initials, depending on whether the patient is male or female, a signature and requires the patient to rewrite a statement that there are risks and no guarantees as well take an 11-question true/false quiz.

The document outlines that the goal is to improve vision, results are not guaranteed and glasses may still be required. Additionally, LASIK will not prevent naturally occurring eye problems such as glaucoma, cataracts, retinal degeneration or detachment or presbyopia (inability to maintain clear focus as objects are moved closer, due

to reduced elasticity of the lens with increasing age).

Potential risks loss of vision from infection or irregular scarring or from the cornea healing irregularly. An astigmatism could result or an inability to wear contact lenses.

Visual side effects could occur including a difference of power between the two eyes, a difference in image size between the two eyes, double vision, fluctuating vision, glare, halos and/or an increased sensitivity to light.

Additional surgery may be required to fine tune results.

Other reported complications include corneal ulcer formation, droopy eyelid, endothelial cell loss, epithelial healing defects, corneal swelling, retinal detachment and hemorrhage. Complications could require a corneal replacement.

Jackson, who has performed 8-9,000 laser vision correction surgeries since FDA approval in 1995, said complications from the surgery are not common.

The surgery itself is a two-stage process. The first part of the process is to cut a flap in the eye that exposes the cornea then the cornea is corrected with the laser.

According to Jackson, The laser is a cool and does not "burn" the tissue away.

In explaining the process, Lehr said anesthetic eye drops are put in the eye and the patient may be given a mild sedative. "We have an instrument that holds the eyelid open, so you don't have to worry about not blinking," he said.

He added that the flap would heal without stitches, but that it is important not to rub, push or squeeze the eye as the flap could shift.

After the surgery, one might have itching or tearing for a day or two, and that those who are farsighted are more likely to have dry eyes that require lubricating drops.

"You would need to have someone drive you home, and we recommend taking a nap for three or four hours," he said. "By the next day, it's likely that you could drive yourself in for the follow-up exam, but you should have a driver available."

**Mitchell Jackson, M.D. has offices in both Chicago and Lake Villa. His phone number is 888-356-6700.**



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## People can play a big role in reducing their risk of heart disease and stroke

If you have diabetes, a trip to the doctor's office should be more than a check on your blood glucose levels. More than two-thirds of people with diabetes don't realize that they are at increased risk for heart disease and stroke. But in reality, heart disease strikes people with diabetes twice as often as people without diabetes.

Take charge of your health and work toward comprehensive diabetes care that includes managing blood glucose and other cardiovascular risk factors. By checking with your doctor about the ABCs of diabetes, you can help reduce your risk. A is for the A1C test, which measures the average blood glucose over the past 2 to 3 months; B is for blood pressure; and C is for cholesterol.

Talk to your doctor or other member of your health care team about the link between diabetes and heart disease. Use these ques-

tions as a guide for your next visit to the doctor:

- What are my ABC numbers and what are my ABC goals?
- How often should my ABCs be checked?
- What steps can I take to reach each of my ABC goals?
- Can taking medications such as aspirin, ACE inhibitors or statins help me reduce my risk for a heart attack or stroke?
- What are the symptoms of heart attack and stroke that I need to watch for? Do I need special testing to detect heart disease?
- What's the best way for me to quit smoking?

This information is provided by the American Diabetes Association and the American College of Cardiology, partners in an educational initiative called, "Make the Link! Diabetes, Heart Disease and Stroke."

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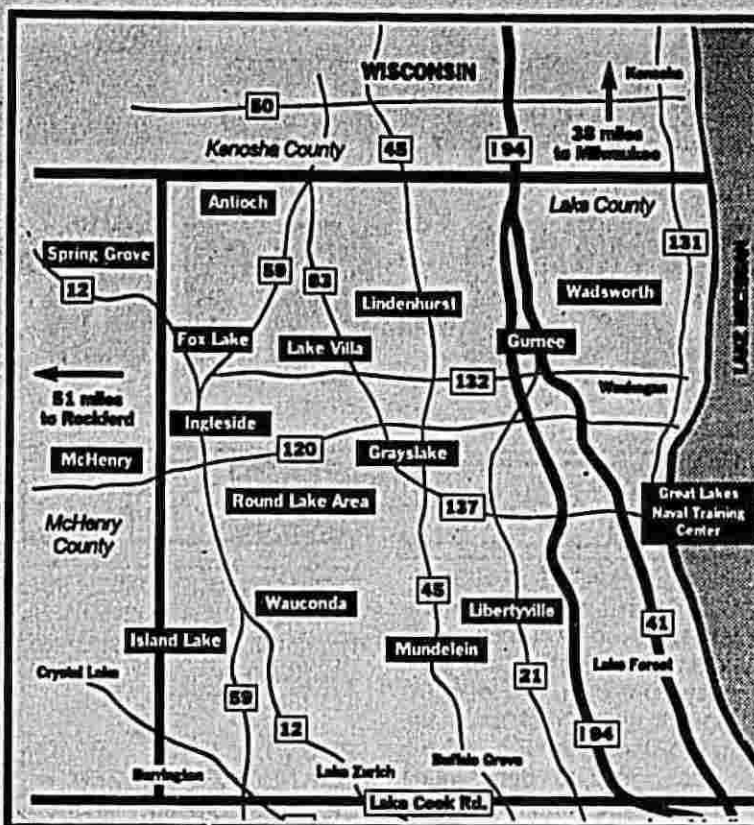
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### Broad and Narrow Approaches to Job Searches

*By Scott T. Fleischmann*

When I was about twelve years old, my father, who loved outdoor sports attempted to teach me to hunt and fish. Although I never developed my dad's love for these activities, I learned several skills that would serve me well in later life. One of these skills is essential to the job search process. He took an entire afternoon to share the differences between rifles and shotguns, and when to use each. In that same session, he taught me basic gun safety and how to clean these weapons. Although this may not seem to be a complex subject to hunters, I was not familiar with the sport and needed the lesson. A shotgun is projects a large pattern of small "shot" but a rifle sends one bullet directly to a very small specific target. Just as a hunter knows when to use a shotgun and when to use a rifle each job hunter needs to know which method to use.

#### The Rifle Approach

Those who know exactly where their career is headed you can use the rifle approach. In this approach, a candidate researches companies that seem to meet specific career objectives. They then send a resume to those that are the best match. This is the preferred method for those who have a defined career plan because they can work toward that goal. However, those who use this method you must have a complete understanding of their goals including: skill strengths, area's for personal growth, geographic preferences, the effects of spiritual beliefs on their career, etc. For those who would like to do a study of all of these factors, I suggest the book *What Color is Your Parachute?* 2000 (Bolles, Thomas Nelson; Berkeley, CA: Ten Speed Press, 1999). This book will help to analyze each factor that could influence a job search. It is updated every two to three years and is available at most libraries and bookstores.

#### The Shotgun Approach

Those who do not have specific career goals and a detailed plan on how to meet those objectives need to take a broader approach. They need to look at all of the opportunities that are available. They will send a resume to the every company that may have a job opening. They will then be considered for varying job opportunities, many of which they may never have considered. The goal is to get in the door to interview at many companies in order to see if they have a job that is a good skill and experience match. One of the difficulties of this method is that the candidate has not yet identified what the right job looks like. Subsequently, identifying a good job when it is available may not be easy. In the next column, we will explore how to know that right job when using the shotgun approach.

Scott T. Fleischmann is the Managing Principal for Integrity Business Solutions Inc., a full service management consulting firm. He can be contacted through email at lbs.scott@juno.com or through the company web site at www.aboutintegrity.net.

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"We pray for you as you serve our Country."

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Military Discounts to Personnel and Family  
"Prayerfully we thank you for serving God and Country around  
the world!"

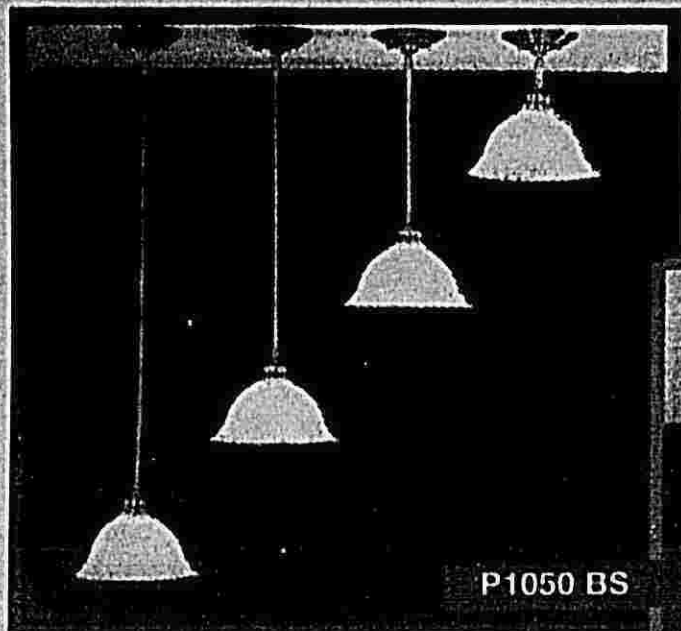
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"Keep up the good work! We're proud of you!"

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"Thank You!"

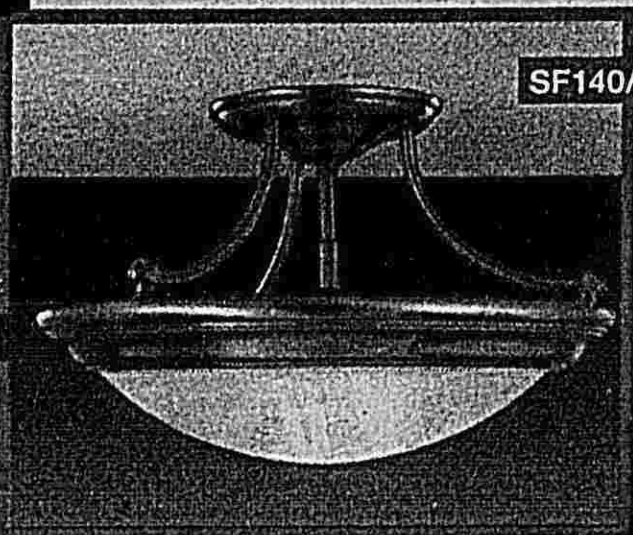
# GOD BLESS AMERICA



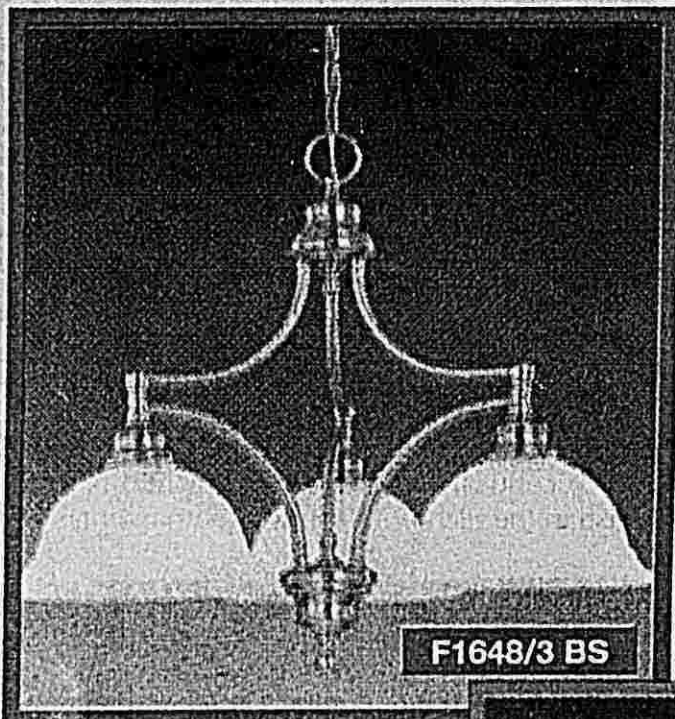




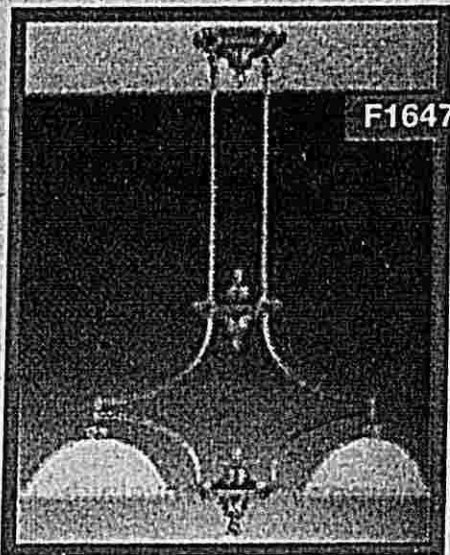
P1050 BS



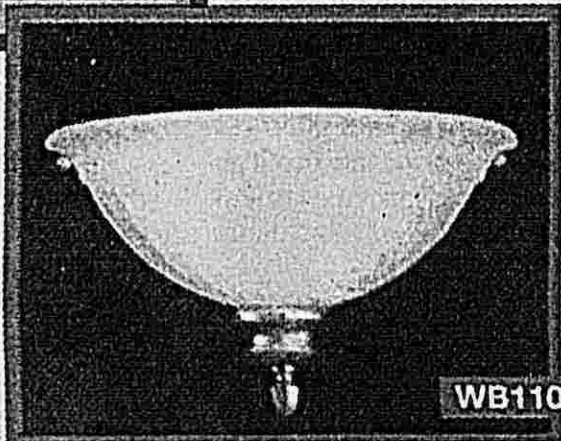
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• In-Stock Items Only

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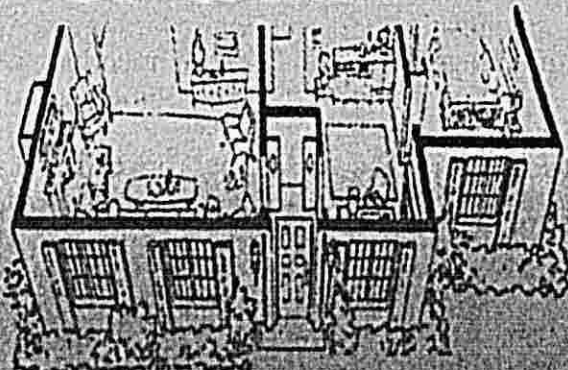
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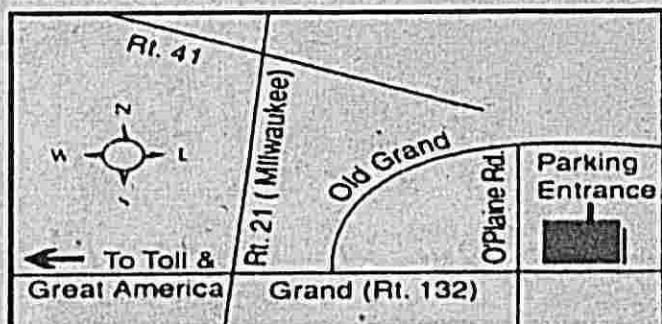
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**\$699<sup>00</sup>**  
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COMPLETELY INSTALLED!

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**STARTING AT**  
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Per Sq. Ft.  
\*Materials  
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All In-Stock Carpets  
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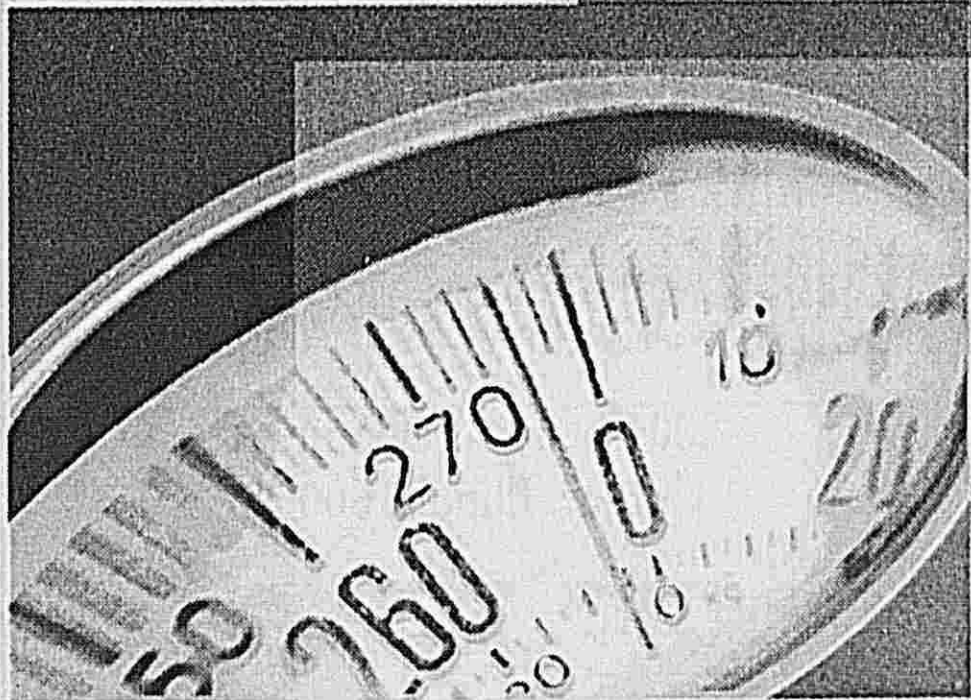
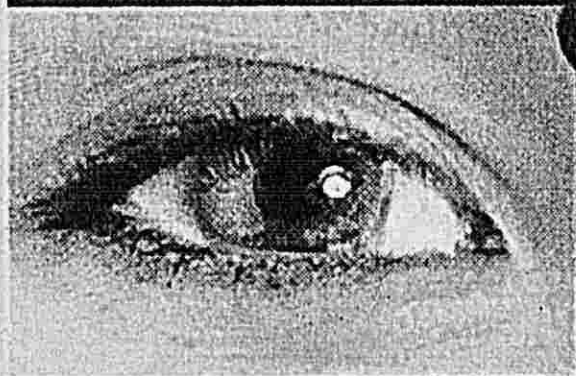
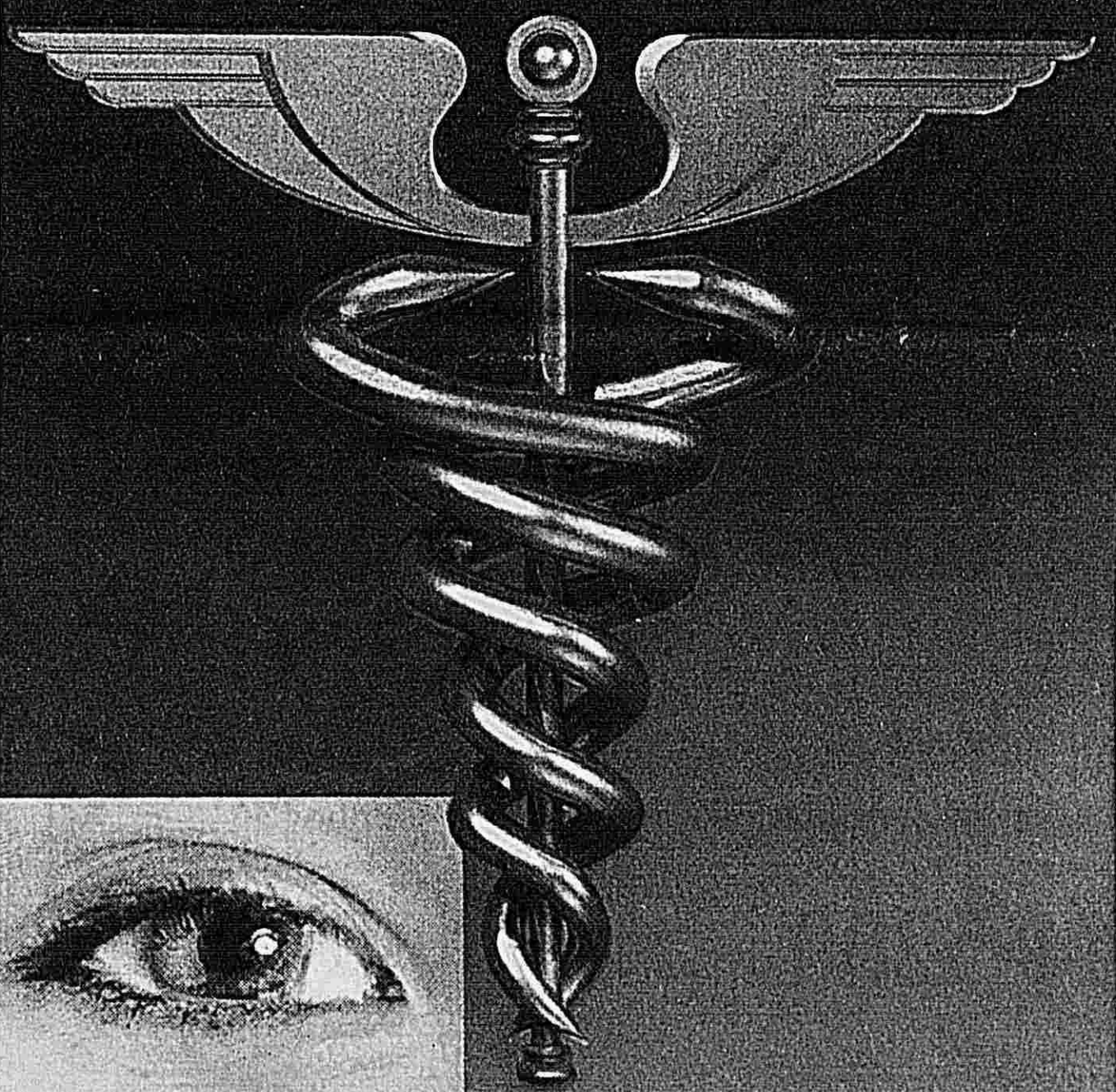
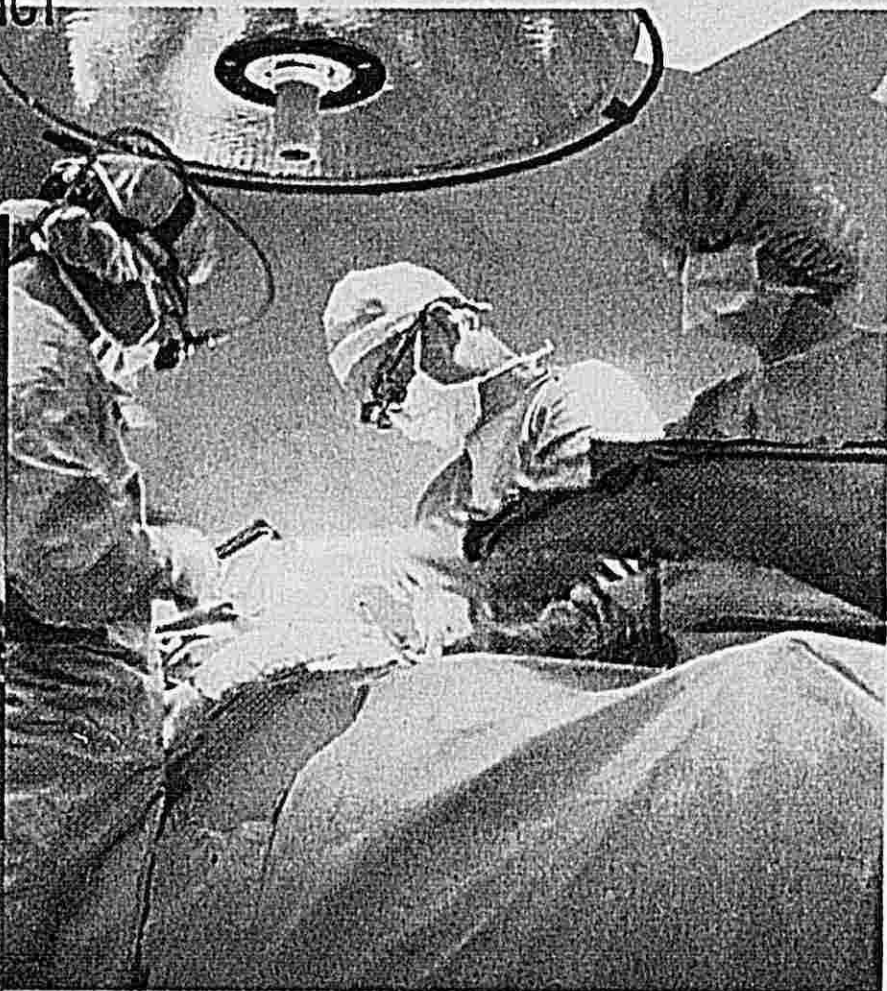
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# Enhancing the Quality of Life through Plastic Surgery



*"At About Face and Body Center for Cosmetic Surgery, we approach beauty in a unique way, by evaluating each patient's needs and desires, then choosing the best solution. Our focus is not only to recapture youth, or enhance beauty, but also to enrich the patient's self-esteem."*

Dr. Carolyn Conboy

## Services Offered

About Face and Body Center for Cosmetic Surgery is committed to providing you with the very latest advancements in popular procedures:

- BOTOX TREATMENT
- BREAST AUGMENTATION, LIFT AND REDUCTION
- BREAST RECONSTRUCTIVE SURGERIES
- CHEMICAL PEELS, FACIAL REJUVENATION
- COLLAGEN TREATMENTS
- EYELID SURGERY
- FACE LIFT/BROW LIFT
- LASER SURGERY FOR HAIR REMOVAL, SPIDER VEINS AND SKIN RESURFACING
- LIPOSUCTION
- MICRODERMABRASION
- NOSE RESHAPING
- SCLEROTHERAPY
- TATTOO REMOVAL
- TUMMY TUCKS

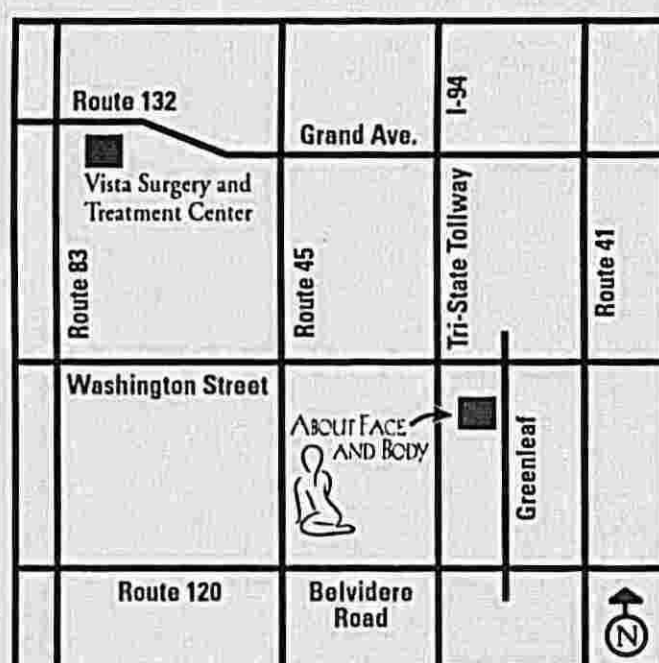
## Surgeon's Hands With A Women's Touch

"As I have been a patient, I understand and empathize with my patients who are about to undergo cosmetic surgery. And as a female surgeon, I offer a gentleness of technique as well as person which puts my patients at ease and helps them feel comfortable about their decisions for surgery," says Dr. Conboy.

## Scheduling A Consultation

We encourage you to schedule a consultation at our offices to discuss your personal goals. Dr. Conboy and her staff are devoted to your medical and surgical success and look forward to hearing from you. To schedule your initial consultation, please call Dr. Conboy at

**847-244-5200.**



ABOUT FACE  
AND BODY

CENTER FOR  
COSMETIC SURGERY



200 S. Greenleaf, Suite A  
Gurnee, Illinois 60031

Financing  
Available







**The Fiesta Bowl dancers included:**  
Margaret and Kathleen O'Leary - Crystal Lake, Molly Haskin - Crystal Lake, Riley Simpson - Arlington Heights, Amy Pinski - Arlington Heights, Joy Mix - Gurnee, Meghan Geimer and Caitlin Naureckas - Oak Park, Elizabeth Welch - Brookfield, Erin Sullivan - Elmhurst, Shailagh Heneghan - Niles.

## Irish Dance Lessons Offer Creative, Fun Alternative to the Gym

**B**urnout and boredom often cause people to give up their workout routines and adopt unhealthy habits. If you're feeling less-than-excited to go to the gym or pop in that aerobics video for the 100th time, consider making a healthy change in your workout routine... give Irish dance classes a try.

Like all dance forms, Irish dancing is great physical exercise. Dancers develop tremendous strength, flexibility and coordination. The traditional "arms-at-the-sides" style characteristic of Irish dance makes it even more physically challenging. Irish dancers are required to produce beautiful lifts, leaps, and movements across the stage without the use of their arms. The strength and aerobic benefits of doing so are obvious to anyone who

watches an Irish dance performance.

Beyond the physical benefits, Irish dancers develop important cognitive skills like memory, mental agility, and concentration. Parents are often surprised to see that their children enrolled in Irish dance are able to remember long sequences of steps and dances. Many say that learning the dances helps the child develop memory skills in school.

Plus, there is a special joy to learning a traditional dance form. By learning Irish dance, each dancer is doing his or her part to keep this culturally-significant artform alive. It's a personal connection to a far-away land and its people, and it doesn't require an Irish lineage to appreciate or take pride in that. It's one of the intangible aspects of Irish dance that you just don't get from a typical aerobics class.

Lake County is a great place to explore Irish Dance. The McNulty School of Irish Dance offers classes at Dancenter North in Libertyville, in Gurnee, Lake Forest, and Richmond. Classes are offered in 10 other suburban locations including Arlington Heights, Villa Park, Naperville and even Rockford Illinois. A new session of classes is beginning at the end of May. Registration information is available on the school's website ([www.McNultyIrishDancers.com](http://www.McNultyIrishDancers.com)), or by calling 847-698-4434.

The McNulty School is directed by Barbara McNulty, T.C.R.G. Barbara has been teaching for 32 years and is fully certified by the Irish Dance Commission in Dublin Ireland to teach Irish Step Solo, Ceili and Figure dancing — the whole range of traditional Irish step dancing.

In addition to the physical fitness benefits, McNulty dancers also have many opportunities to perform publicly with the group.

McNulty Irish Dancers have performed at Libertyville Days, Gurnee Days, Lake Villa's St. Patrick's Day Parade, Great America, and numerous restaurants, parties, and private events in the area.

The school offers classes year-round in four sessions that range from 6 to 10 weeks each. Dancers learn the full range of Irish step Solo dancing (which focuses on intricate footwork performed individually), Ceili dancing (group dances using more traditional music and incorporating arm movement), and Figure dancing (group dancing with more versatile music selections and original choreography). Classes are offered for all experience levels, with beginner classes for teens and adults. Plus, special boys only classes are offered at the Libertyville location.

For more information visit the school's website [www.McNultyIrishDancers.com](http://www.McNultyIrishDancers.com) or call 847-698-4434.

## New cosmetic surgery practice opens in Gurnee

**A**bout Face and Body Center for Cosmetic Surgery (Gurnee) offers area residents the opportunity to explore the possibilities of cosmetic surgery. Dr. Carolyn Conboy and her staff listen carefully to patients requests, evaluate them and give an honest recommendation based on experience and training.

At About Face and Body, Dr. Conboy provides a wide range of cosmetic procedures and treatments including Botox treatments, breast

augmentation, breast lifts, breast reduction, breast reconstruction following cancer, chemical peels, facial rejuvenation, collagen treatments, eyelid surgery, face lifts, brow lifts, hair removal, skin resurfacing, spider vein reduction, liposuction, microdermabrasion, nose reshaping, sclerotherapy, tattoo removal and tummy tucks.

About Face and Body Center for cosmetic Surgery is located at 200 South Greenleaf, Suite, Gurnee. To schedule a consultation with Dr. Conboy or for more information, call 847-244-5200.

# McNulty Irish Dancers

Classes in  
Libertyville &  
Lake Forest

847.698.4434

Call to Register  
for Summer  
Classes Today!

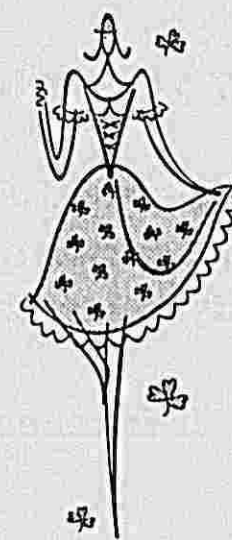
- ♣ Children, adult and boys only classes for beginners through advanced
- ♣ Now offering for the Spring Session: A new Teen Only class
- ♣ Many performance and competition opportunities
- ♣ Classes in 14 Chicago area locations plus Rockford, Illinois and Dubuque, Iowa

For Registration or More Information Contact:

Barbara A. McNulty  
T.C.R.G.

Phone: 847.698.4434 • Email: [irshdancr@aol.com](mailto:irshdancr@aol.com) • [www.mcnultyirishdancers.com](http://www.mcnultyirishdancers.com)

To schedule a performance, contact Joy Mix at 847.951.5696 • [mix31@aol.com](mailto:mix31@aol.com)





# Pain free shots ease anxiety over immunization for children

**D**o you get anxious when you have to get a shot? Do your children struggle every time they have to visit the doctor? Well, you are not alone. Millions of people every day get extremely anxious when they have to receive a shot because they are afraid it will hurt. Fear of getting a shot is a major concern since children need to be immunized against various diseases.

Children need vaccinations, or "shots" to be protected against dangerous diseases, including measles, mumps and polio. Each year, children who are not fully protected against these and other diseases become sick,

and some die. Tetanus kills 3 of 10 people it strikes; diphtheria kills 1 of 10.

Immunization is one of the most effective ways of preventing disease, and vaccine preventable illnesses are at or near all-time-low levels. Prior to widespread immunization in the United States, infectious diseases killed or disabled thousands of children each year. The measles epidemic of 1989-91 affected more than 55,000 people; 11,000 were hospitalized, and more than 120 died.

Childhood diseases that could be prevented are still with us -- approximately 3.5 million cases of varicella (chicken pox) occur each year. You can protect your child by taking him

or her to a doctor or public health clinic for immunizations. The American Academy of Pediatrics recommends vaccinations through the first 18 years of life.

Now, thanks to Gebauer's Ethyl Chloride Pain-Ease, immunization shots don't have to be a painful experience. Pain-Ease is a skin refrigerant used to control pain associated with pre-injection-anesthesia, minor surgical procedures, starting intravenous (IV) lines, vaccinations and injections.

Just before giving the injection, the doctor or nurse will spray Pain-Ease directly on your child's skin, cooling and numbing the area, then swab the target area with antiseptic and

quickly perform the desired activity. This eases the anxiety for both parent and child -- there will be no bad memories of painful shots or anxiety over the next doctor's visit. The anesthetic wears off in about two minutes with virtually no side effects.

No matter what you or your child's pain tolerance, all can be more comfortable having the affected area sprayed with a topical skin refrigerant. Simply consult your physician to learn more about stingless injections and pain-free minor procedures. For more information about making shots less scary, contact Gebauer customer service representatives at 800-321-9348 or visit [www.gebauerco.com](http://www.gebauerco.com).

## Help for ADHD

Attention Deficit Hyperactivity Disorder affects approximately one in twenty children. Some children may show marked hyperactivity-with obvious disruptive behaviors and difficulties with self-control. Others display only problems with attention and may be seen as "spacey" or "in another world." Parents and teachers often have difficulty in dealing with these children. These children can suffer from low self-esteem because they feel "dumb" or labeled as "trouble makers."

ADHD is a readily treatable condition and most respond to combinations of medication and behavioral and school interventions. New types of medications for treatment have recently become available, and others are in development.

Ingenium Clinical Research in Libertyville performs clinical trials for various psychiatric medications indicated for such disorders as Depression, Anxiety, and ADHD in all age groups. For further information, call 847-549-7214.

## Weight control for children

**L**ook around any mall or school in America and you will see that the number of seriously overweight children and adolescents has dramatically increased. To address this growing problem, Finch University of Health Sciences/ The Chicago Medical School launched a Weight Loss Program for Children and Adolescents. The program offers a multi-

disciplinary family-based approach to childhood obesity.

Children enroll for either six or 12 months, and maintain a high protein/moderate fat diet, coupled with fun physical activities and behavior modification. A team-based approach fosters community spirit and support. For more information, contact Dr. Gina Hammarlund at 847-578-3415.

## Does your child or teen have Attention Deficit Disorder And Have significant problems with Anxiety & Worrying?

**If so, your child could be eligible to participate  
in a research study of an investigational  
medication in patients**

**8-17 years old with symptoms of both Disorders.**

**Diagnostic evaluation (including psychiatric  
assessment, physical exam and lab tests) and  
study-related monitoring are provided at no cost.**

**If interested or to find out more contact  
Dr. Michael Greenbaum  
at**

**INGENIUM  
CLINICAL RESEARCH  
847/549-7214**

## A Family-Based Weight Loss Program for Children & Adolescents

Scientifically-Proven, Medically-supervised

### A Team Approach To:

- Fun Physical Activities
- Healthy Eating Habits
- Easy Lifestyle Changes that create-  
Health for a Lifetime!

### Our Program can Provide:

- Long-term weight changes
- Motivation, knowledge, and skills for  
weight maintenance
- Personal attention within a  
group environment

Optimize your child's well-being

**REGISTER TODAY!!**

Summer Sessions Now Forming

Call Dr. Gina Hammarlund at (847) 578-3415



**Finch University of Health Sciences  
The Chicago Medical School**



## Ask Dr. Sergei Shevlagin

**T**he Atkinson Clinic located at Suite 207 on the corner of Atkinson and Center Street in Grayslake offers knowledge and experience to maintain a healthy lifestyle.

Dr. Sergei Shevlagin offers personal advice on successful ways to maintain a healthy lifestyle.

The following is an example of the many conversations Dr. Shevlagin has with his patients.

### Question to Doctor:

We watch movies, travel ... see how people look, what they eat in other countries. Perhaps, we can borrow some healthy habits etc...

With the varieties of ethnic food in the US now, what do you recommend? What's your preference?

Dr. Sergei Shevlagin: I do

believe in moderation in eating and combine healthy lifestyle, exercise and the right choice of food. I like to cook and try to use healthy hints from kitchens from different regions. Take the Mediterranean ... I personally think it's one of the easiest diets to adopt and maintain. It doesn't require radical restrictions of fats and carbohydrates. In a few words:

- Eat an abundance of natural, whole plant foods, include fruits, veggies and salads.

- Keep saturated fat to a minimum, eat chicken, lean cuts of red meat.

- Include fatty fish in your diet such as salmon, sardines and trout.

- Avoid Trans-fatty acids which are found in processed foods labeled as containing "partially hydrogenated" oil.

Stop by the office and we can discuss your diet.

You can contact Atkinson Clinic for all your health inquiries at 847-548-9777.



## Center Of Serenity Massage Therapy

**T**he Center of Serenity at 18 South Lake Street in historic downtown Grayslake offers a warm, soothing atmosphere to receive therapeutic massage.

With over 15 years combined experience Dina Becker CMT (847) 778-9130 and Eileen Kasper CMT (847) 207-6496 invite you to experience their bodywork.

Hours by appointment Monday - Saturday, days and evenings.

### Looking for a Healthy Weight Loss program?

**Atkinson Clinic**  
has the answer.

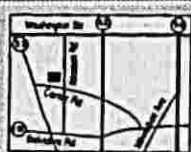
#### Services Offered:

- |                         |                             |                            |
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| • Preventative Medicine | • General Office Visits     | • Gynecological Exams      |
| • Osteoporosis          | • Minor Surgical Procedures | • Workman's Compensation   |
| • Heart Risk Factors    | • Occupational Medicine     | • DOT Physicals            |
| • Assessment            | • X-Rays                    | • TB Testing               |
| • Stress Tests          | • Laboratory Testing        | • EKG Reading              |
| • Echocardiography      | • Complete Physical Exams   | • Referrals to Specialists |

**(847) 548-9777**

**Atkinson Clinic**

100 N. Atkinson Rd. Suite 207 Grayslake, IL 60030



## Center of Serenity Massage Therapy



Certified Massage Therapists

- Appointments Necessary -  
18 S. Lake Street, Grayslake

Dina Becker  
(847) 778-9130

Eileen Kasper  
(847) 207-6496



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**Skilled Nursing Care**  
Specializing in wound care, rehabilitation,  
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**Alzheimer's Care**  
Secured unit for all stages of the disease

**Sub-Acute (post hospital) Rehabilitation**  
Physical, Occupational, and Speech Therapies

**Intermediate Care**  
For people needing a little assistance while maintaining their independence

**Respite Care**  
Leave the responsibility of caregiving behind knowing there is a secure  
and nurturing environment

**Hospice Care**  
Emotional, medical, and spiritual support for people who are terminally ill

We accept Medicare, Medicaid, Insurance, Veterans and Private Pay.

Please call our Admissions Director  
for additional information or to schedule a tour.

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## U of I extension in-service on the new macronutrient and energy dietary reference intakes

The new macronutrient and energy Dietary Reference Intakes (DRIs) will be the topic of discussion for an in-service training series for dietitians, home economists and other interested health professionals at the University of Illinois Extension, Lake County. The teleconference workshop will be held Thursday, April 17 from 3:30 p.m. - 5:30 p.m. at the University of Illinois Extension, 100 South U.S. 45 Grayslake. Dr. John W. Erdman, Professor of Food Science and Human Nutrition at the University of Illinois at Urbana-Champaign will teach the session.

Dr. Erdman's lecture will feature new dietary recommendations regarding nutrients and food substances. The Dietary Reference Intakes (DRI's) for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids were released from the Food and Nutrition Board, Institute of Medicine of the National Academy of Science in September, 2002. Ranges were set for recommended macronutrient intakes. DRIs were estab-

lished for glucose, fiber, alpha linoenic acid, and linoleic acid while none were set for trans fatty acids, saturated fatty acids, or cholesterol.

Dr. Robert Reber, Associate Professor of Nutrition at the University of Illinois will teach the last class in the nutrition series entitled "What Really Causes Coronary Heart Disease?" Thursday, May 15 also from 3:30 p.m. - 5:30 p.m., Dr. Reber and University of Illinois faculty will present the latest research-based information related to health and diet in the nutrition series.

Two CPE hours of credit are available per session to dietitians affiliated with the American Dietetic Association, and two CPDU's per session from the State Board of Education are available to teachers attending the workshop. The cost is \$10 for each workshop. To register or to obtain additional information contact the Extension office in Lake County at 847-223-8627 or visit the website at [www.urbanext.uiuc.edu/lake/](http://www.urbanext.uiuc.edu/lake/).

## Psychiatric disorder clinical trials

Clinical trials are the way in which the Federal Drug Administration approves new medications for use in patients. In a trial, a qualified patient with a specific disorder volunteers to participate. Most trials are "double blind" and include a placebo; this means that neither patients nor doctors are aware whether active treatment is being given. This allows results to be unbiased.

Ingenium Clinical Research in Libertyville performs clinical trials for various psychiatric medications indicated for such disorders as Depression, Anxiety, and ADHD in all age groups. For further information, call 847-549-7214.

Do you, or does someone you care for, suffer from

## *Depression?*

Common symptoms of depression include:

- Sadness and/or Irritability
- Loss of interest or pleasure in usual activities
- Changes in sleep patterns, appetite, and energy levels

Dr. Michael Greenbaum is seeking adults age 18-65 to participate in a medical research study in depression.

Eligible participants receive, at no charge:

- Thorough diagnostic assessment
- Physical examinations and lab tests
- Monitoring and ongoing evaluations
- Travel reimbursement and up to \$500 for transitional treatment after participation in the study

For more information, please call:

**(847) 549-7214**

Ingenium Clinical Research  
Libertyville, IL

## Lilac Apartments

provide seniors with the elegant housing they deserve



## Lilac Apartments

Lilac Apartments offers senior citizens housing with the elegance and style they deserve. Georgian architecture, highlighted by red brick, arched

windows and a majestic columns, lends a classic

appeal to this beautiful building. Inside and out, style and function are combined to create a bright, cheerful environment designed for mature residents.

Quality craftsmanship is the hallmark of Lilac Apartments, constructed to meet ADA specifications and current fire code requirements. All 105 units are handicapped adaptable. A locked telephone entry system provides safety and security. Seniors have a choice of five apartment layouts, ranging from 665 square feet to 959 square feet. Monthly rental rates include heat and water and no endowment or entrance fees are required.

Two multi-purpose lounges, with fireplaces, add to the cozy atmosphere at Lilac. Other common areas include a craft room, card and game room and a sun-deck. Great care has been taken to preserve the six-acre park-like setting. A one-half mile paved walkway winds through acres of natural greenery and towering trees.

Because Lilac Apartments qualify for the Federal Affordable Housing Tax Credit program, the rent will remain "affordable" by federal guidelines for 30 years to those who qualify. For more information or to arrange a tour, call Karen at 847-587-8830.



## Lilac Senior Apartments



**Quality Affordable Apartment Living  
for the Active Senior Adult**

For further information, call Karen

**847-587-8830**

3 Lilac • Fox Lake, IL 60020

[www.lilacapt.com](http://www.lilacapt.com)





# WHITE DRAGON KARATE'S Winning Team!

**A**t White Dragon Karate, we are all part of a winning team. Like one big family, we help each other to achieve the best that's in each and every one of us. Our trained martial arts instructors assist each person in becoming successful. With each success, CONFIDENCE is built.

Martial Arts gives each student the opportunity to progress at their own pace. They achieve a sense of control over their outcome because actions produce direct results. This experience has a vital role in the development of important individual skills, such as:

- MODESTY
- COURTESY
- SELF-ESTEEM
- RESPECT
- INTEGRITY
- SELF-CONTROL
- INDOMITABLE SPIRIT

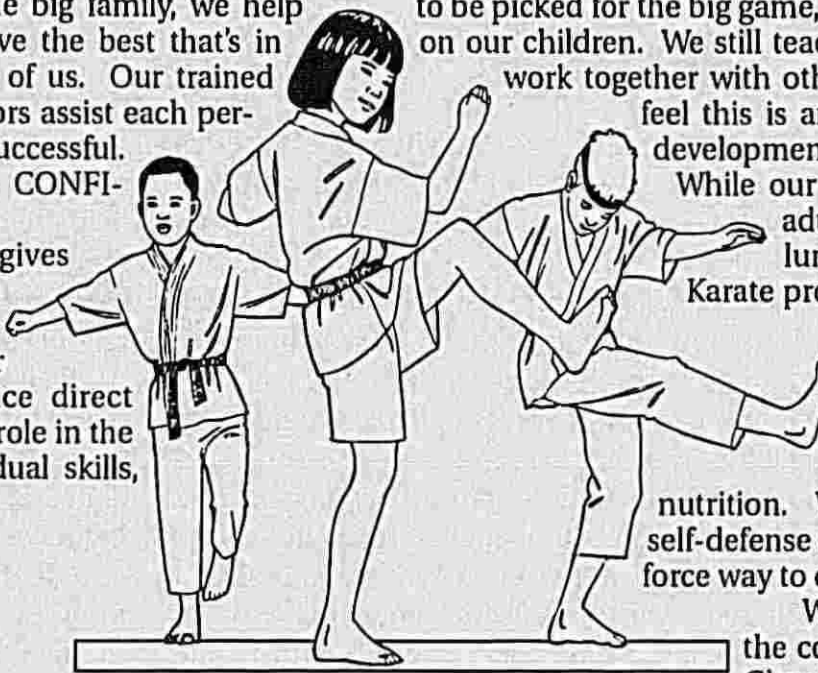
which are needed throughout youth and into adulthood.

Unlike team sports, everyone participates on the floor

together. No one is left sitting on the sidelines, waiting, hoping to be picked for the big game, which can have a negative effect on our children. We still teach the team concept, learning to work together with others toward a common goal. We feel this is an important aspect of character development.

While our karate programs for youth and adults are important, our curriculum includes a "kick butt" Cardio Karate program, featuring regular sessions of "The Ultimate Body Challenge" (UBC). We not only teach you fitness, flexibility, and stress relief, but a new way of controlling your life through nutrition. We will also be offering regular self-defense seminars, teaching a non-deadly force way to defend yourself and your family.

White Dragon Karate also serves the community by its involvement in Chuck Norris' Kick Drugs Out Of America (KDOOA) and Project Action, an organization that assists under-privileged kids in our community. By sponsoring "Kick-a-Thons," our children learn the importance of "helping" the community, and how to say "NO" to drugs.



## Full service individualized care

**A**t Pebble Brook Nursing and Rehabilitation Centre, they not only maintain the highest standard of clinical excellence for our residents, but also treat each resident as a unique and special individual. They focus on the mind, body and spirit to promote health and well-being. Pebble Brook offers free continuing education seminars on topics such as estate planning, public aid and varied health topics. They have Alzheimer's support groups and a designated, on-staff social worker. At Pebble Brook, you will find programs that are physically, cognitively and socially stimulating. Pebble Brook offers skilled nursing care, sub-acute rehabilitation, restorative care, Alzheimer's care, intermediate care, respite and hospice care.

Pebble Brook is joint commission accredited. We accept Medicare, Medicaid, veterans, insurance and private pay. To arrange for a personal tour, call 847-295-3900.



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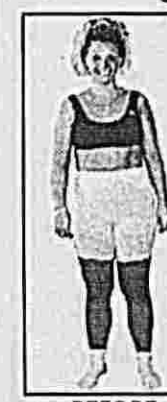
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BEFORE



10 WEEKS LATER

**BILL**



BEFORE



10 WEEKS LATER



# New moms get "babied"

## Through Advocate Good Shepherd Hospital's Pampered Pregnancy Program

**I**magine a place where new moms receive a relaxing therapeutic massage, experience complimentary manicures and pedicures, get treated to an afternoon tea and have all the benefits of a concierge right at their fingertips. Although it sounds like a spa, it's actually Advocate Good Shepherd Hospital's Pampered Pregnancy Program.

Recently, Advocate Good Shepherd Hospital rolled out a new concept for expectant moms that is sure to baby them. "The Pampered Pregnancy" is a new program that offers pregnant moms unique services to pamper them throughout their pregnancy and after delivery.

Through the "Pampered Pregnancy" program, expectant mothers receive certificates for a massage and for a discount on pregnancy specialty classes at the Advocate Good Shepherd Hospital Health and Fitness center, including Movin' Moms, an aqua-aerobics class. Once they deliver, new moms are treated to a complimentary manicure or pedicure and afternoon high tea service.

And new dads are not overlooked — a complimentary "hero" meal including a

hero sandwich is provided during the hospital stay. Good Shepherd also provides patients and their families with a complimentary concierge service available to provide information, make appointments, order flowers and take out dinner among many other services. Once new moms are home, a two-week pass to the health and fitness center is sent to their home and they are invited to take advantage of the Baby Advocate program and free lactation services.

"When mom delivers a new baby, it's one of the most special times for her and her family," JoAnn Meigs, Director of Women's Services at Advocate Good Shepherd Hospital, said. "It's our goal to make the time even more special and memorable for the entire family."

Women who are interested in receiving more information on Good Shepherd's Pampered Pregnancy may call 800-3ADVOCATE (800-323-8622) to request a Pampered Pregnancy gift box that details all the amenities available through the program. Call 800-3ADVOCATE (800-323-8622) or go to Good Shepherd's website at [www.advocate-health.com/goodshep](http://www.advocate-health.com/goodshep) to locate an

obstetrician who delivers at Good Shepherd Hospital.

Good Shepherd is located north of Barrington on Highway 22, two miles west

of Route 59. Good Shepherd Hospital is part of Advocate Health Care, one of the largest health care organizations in the Chicago area.

## Today's kids view braces as a fashion statement

Many adults over 40, who wore braces as kids, still have painful memories of being teased or called names like "tin grin" or "metal mouth."

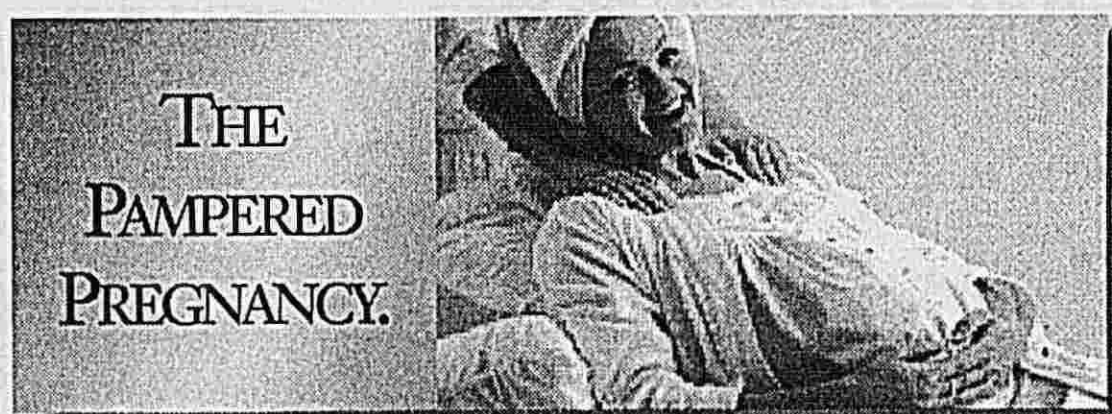
That's all changed. Contrary to feeling embarrassed about their braces, many of today's youngsters openly show them off. And there certainly are a lot of people -- adults and kids -- wearing braces today. The American Association of Orthodontics estimates that about five million people in the United States and Canada wear braces. While one in five of these is over 18, and some are in their 40s, 50s or older, most are between the ages of 10 and 16.

Why this change in attitude? Probably because these kids no longer are wearing "their fathers' braces." Today, companies like trend setter GAC Dentsply offer orthodontic products that are as bright and colorful as kids'

imaginations. How about "glow in the dark" and colored ties or ligatures (those elastics that help hold the braces in place)? GAC offers them in almost every color of the rainbow and many kids are opting to get them in their school colors.

So it's not unusual to see a teen who sports red and green "mouth colors" around the Christmas season also display her independence by wearing red, white and blue colors in her teeth as July 4th approaches.

What about young people who don't want to attract attention to their braces? Many of them are asking their orthodontists about Mystique, one of the industry's most popular products. These clear, virtually invisible braces are made of a special ceramic material and use the latest technology to produce high translucency for a natural appearance with outstanding results.



Listening helps Advocate Good Shepherd Hospital's Birth Center pamper mom and baby in more ways than anywhere else.

The Birth Center at Advocate Good Shepherd Hospital provides support from the day you first start thinking of having a baby, through your delivery and into the first two years of your baby's life. We'll answer your questions before conception, provide concierge-guided hospital tours, "Maybe A Baby" classes, and help you choose a doctor who listens. We'll also give you a free massage at our beautiful state-of-the-art fitness center during or after your pregnancy. When it's time to deliver, you'll find our labor, delivery and recovery rooms are attractive, and spacious. You'll also enjoy luxurious amenities such as free manicures, an afternoon tea service and more. After your baby is born, you'll receive a two week VIP pass to our health and fitness center.



And our Baby Advocate program will keep you informed of needed immunizations and developmental milestones for your child from birth until age two.

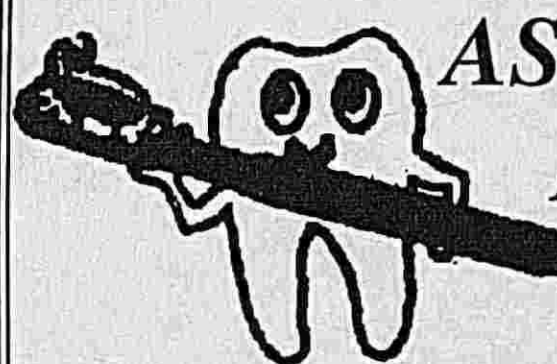
Right now, you can get our special free gift box that describes all of our deluxe services for moms who choose to have their baby at Advocate Good Shepherd Hospital.

To learn more, visit our website at [www.advocatehealth.com/goodshep](http://www.advocatehealth.com/goodshep) or call 1-800-3-ADVOCATE (1-800-323-8622). Offer subject to change without notice.

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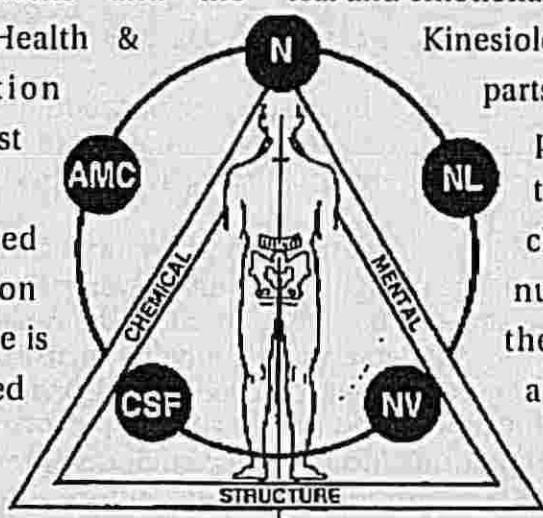
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What makes Advanced Health & Rehabilitation Center and Dr. Wells unique is that he is a certified Applied Kinesiologist.

Applied Kinesiology focuses on how a person is functioning in his or her structural, chem-



ical and emotional/mental makeup. Applied Kinesiology draws on the best parts of a wide variety of complementary therapies for treatment, which include chiropractic, acupuncture, nutrition, craniosacral therapy and others. The applied kinesiologist finds a muscle that tests weak and then attempts to determine why that muscle is not functioning

properly. By utilizing various methods of joint manipulation or mobilization, various myofascial therapies, cranial techniques, meridian therapy, clinical nutrition and dietary management, the applied kinesiologist can re-balance the patient for optimum health.

For more information on addressing your personal health care concerns, you can call the Advanced Health & Rehabilitation Center for a free private consultation\* at 847-245-3202.

\*see coupon in ad.

## In the ABCs of diabetes, 'A' stands for A1C

You probably have heard that you can prevent diabetes-related complications such as heart, eye and kidney disease, by maintaining your blood sugar. So you checked your blood sugar regularly and assumed you were doing enough. Unfortunately, you were wrong.

Daily finger-prick checks provide a limited measure of your diabetes management, because the test is only a snapshot of your health at any moment. The American Diabetes Association (ADA) urges people with diabetes to take an A1C test (pronounced A-one-C). This measures average blood sugar levels over a three-month period and is the only accurate measure of overall diabetes control.

A1C is measured in percentages. People without diabetes have a level of about 5 percent. The ADA recommends that people with diabetes keep levels below 7 percent. Unfortunately, average levels for Americans with diabetes are nearly 9 percent, a level at high risk for complications.

Small changes in A1C levels can make a big difference. Lowering levels just one point can reduce complications by 30 to 35 percent and cuts the risk of heart attacks by 18 percent. But each point over 7 doubles that risk.

To lower your A1C, consult your health professional about your specific health needs. You may need to lose weight, change your meal plan or increase your activity levels. Medications are often needed to manage blood sugar. Over time, changes in the types or amounts are necessary to stay on target. Work closely with your health care team to determine the best approach.

Test your A1C on a regular basis. Checking levels at least twice a year, in addition to self-monitoring, will help you see how well you are managing your diabetes.

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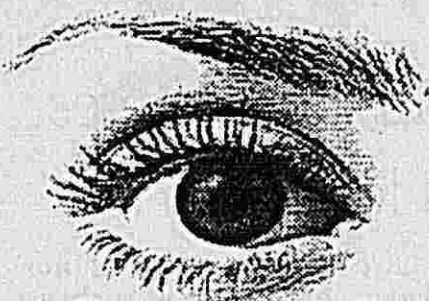
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## CENTER FOR ADVANCED EYECARE now using first-of-its-kind Laser Eye Surgery system

**C**hicago residents who may be candidates for laser eye surgery now have access to the latest development in LASIK technology, as Mitchell A. Jackson, M.D. is now using the first-of-its-kind, wavefront-guided LADARVision® excimer laser system.

The U.S. Food & Drug Administration recently approved this new system for wavefront-guided laser eye surgery in the treatment of nearsightedness. With this new system, made up of the LADARVision® 4000 excimer laser system and the new LADARWave™ diagnostic device, surgeons can, for the first time, measure and treat visual disorders that previously could not even be detected.

Several types of imperfections, referred to as lower and higher-order aberrations, exist within the eye and can affect both a person's visual acuity and the quality of vision. To date, only lower order aberrations, which include nearsightedness, farsightedness and astigmatism, could be measured and treated. However, lower-order aberrations do not account for all potential vision disorders. Higher-order aberrations can also have a significant impact on a person's quality of vision, and cannot be corrected with glasses, contacts or conventional LASIK. According to experts in the field of ophthalmology, higher-order aberrations are linked to visual disturbances such as glare and halos that may cause night vision problems and are sometimes associated with conventional LASIK surgery.

The LADARVision system is the

first-and-only FDA approved eye surgery system that can measure both lower and higher-order aberrations, and can actually be used to treat each patient's unique pattern of lower and higher-order visual errors. This highly customized approach creates a new laser eye surgery procedure, called CUSTOMCORNEA®, that improves both visual acuity, which is measured against standard numerical outcomes such as 20/20, and the overall quality of vision, such as increased visual crispness and clarity. Visual acuity of 20/20, considered by most as the standard for vision, has been traditionally measured by a letter chart, which does not provide for detection of many of the disorders that may affect vision.

"CUSTOMCORNEA is a tremendous breakthrough in laser eye surgery that raises the bar in this field," says Mitchell A. Jackson, M.D. "We're excited to be among the first in Illinois to offer this advanced LASIK technology to area residents." In CUSTOMCORNEA clinical trials, nearly 80 percent of patients who underwent the new laser eye surgery procedure achieved 20/20 vision, but even more importantly, they reported a quality of vision superior to that achieved with conventional LASIK.

"Sometimes patients complain about vision quality problems, such as not being able to see in dim or low light. This is referred to as poor contrast sensitivity," explains Dr. Jackson. "Prior to the advent of wavefront measurements, there wasn't anything we could do to measure or treat higher-order aberrations.

With this technology breakthrough, we can now measure these disorders, show the patient what's going on in their eye, link that information to the laser and actually correct higher-order aberrations that diminish contrast sensitivity. Wavefront technology enables the surgeon to improve overall vision quality better than in the past."

### How It Works

In order to create the customized map unique to each patient's eye, the LADARWave™ device transmits a safe ray of light into the patient's eye. The light is then reflected back off the retina, out through the pupil, and into the device, where the reflected wave of light is received and arranged into a unique pattern

that captures the patient's lower and higher-order aberrations. All of these visual irregularities are then displayed as a three-dimensional map, referred to as a wavefront map. This information is then electronically transferred to the LADARVision 0 4000 excimer laser, and computer-matched to the eye's position, enabling the surgeon to customize the LASIK procedure to each patient's unique visual requirements. This is the only FDA-approved system that actually uses wavefront data to guide laser treatment.

To learn more, contact the Center for Advanced Eyecare at 1-888-356-0700 or log onto their web site [www.mjlasikdoc.com](http://www.mjlasikdoc.com).

## Is your child depressed?

Depression can and does affect about 5 percent of children and teens, and can have devastating effects on functioning and development. Children who become depressed can become sullen, withdrawn or very irritable; and lose motivation and interest in their normal activities including school.

This can negatively affect their relationship with family, friends, and teachers. Even young children may experience thoughts of death or even suicide.

In many cases, Depression can be caused by chemical imbalances in the brain, and sometimes runs in families. Antidepressants are being increasingly used in childhood depression and one medication has been approved by the FDA for use in younger patients.

Ingenium Clinical Research in Libertyville performs clinical trials for various psychiatric medications indicated for such disorders as Depression, Anxiety, and ADHD in all age groups. For further information, call 847-549-7214 Ingenium Clinical Research.



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## Is your child just not himself anymore?



If your child's always sad, angry, tired or withdrawn, it could be depression.

Now there's a research study in the Lake County area you should know about.

### What this study is for:

To test an investigational medication for childhood depression.

### Who is eligible:

Children 7-17 who have the symptoms of depression for more than 3 weeks: sadness, anger, gaining or losing weight, trouble sleeping, headaches or stomach aches, being tired, crying, stealing things, doing drugs, being reckless or violent.

### How the study works:

Children selected for the study will receive supervised medical care and study medication free of charge, from a doctor who specializes in childhood depression. The study will last 10 weeks.

### Who is running the study:

The study is being run by a leading pharmaceutical company. For more information about the study, call the number below.

**Call 847.549.7214**  
to learn more about the study  
**Ingenium Clinical Research**  
**Libertyville, IL**



## AMERICAN LASER CENTERS

### Are a top contender

**W**hile new to the Hoffman Estates area, American Laser Centers come on the scene of hair removal and skin rejuvenation clinics as a top contender.

Strategically located throughout the Chicagoland area as well as Detroit, New York, Milwaukee and Minneapolis-St. Paul, each clinic focuses on the demographics of their particular area while offering a service that is tailored to fill each individual client's needs. "We continue to be excited with the tremendous community acceptance we receive as we open each new facility. Being a player in the new technology arena is always satisfying, but particularly so when technological advancement is tied too closely to the personal satisfaction of each of our clients." Says Richard Morgan, President of American Laser Centers.

American Laser Centers specializes in non-invasive skin rejuvenation and permanent hair removal for men and women of all ages and skin types. Using only the most advanced systems available on today's market, their highly trained and certified staff customizes each treatment specifically to the indi-

vidual needs of the client.

Listed among the services American Laser Centers provide are FotoFacial, Microdermabrasion and Hair removal. FotoFacials done in a series of three to five treatments improves the appearance of conditions such as Rosacea, flushing broken capillaries, sun and environmental damages to the skin and age spots. Microdermabrasion, a procedure proven to be successful in Europe for many years, is a non-surgical skin smoothing technique that can be implemented on nearly any part of the body to improve skin color, relieve enlarged pores, soften rough skin and refine aging lines. And hair removal procedures, effective in a series of six treatments, have shown such tremendous results that American Laser Centers offers a written guarantee after the sixth treatment has been completed.

All procedures are conducted under the supervision of highly prominent physicians respective to the area of the clinic itself, and are not only proven to be effective, but require no recuperation period or down time.

*American Laser continued on page 17*

## Are you happy with your health and weight?

**A**re you too busy to eat right? So you even know how to eat right? So you count calories, fats, carbs or points? Can you use more energy? Do you believe that there is a relationship between the food that we eat and how we feel? Do you feel that some of the food that we eat lacks nutrition, vitamins and minerals? Do you want to feel better and more energized?

Well, my friend, if you answered yes to any of the questions above we have many things in common because I too had some of the same concerns ... Then I discovered the InnerLight products which were developed by Dr. Robert O. Young.

### Who is Dr. Young?

Robert O. Young, Ph.D., D.Sc., in Microbiology and Nutrition, has devoted his life to research in the causes of "disease," and to helping people balance their life and well-being.

As a microbiologist and nutritionist, Dr. Young has investigated the links between over-acidification of the body and the development of morbid microorganisms (bacteria, yeast, fungi, and molds), whose metabolic poisons produce the wide range of symptoms we generally call "diseases," including overweight. His mission is to create a greater understanding of the necessity for correct acid-alkaline balance in the body, based on healthy lifestyle, diet, and nutritional supplementation.

Dr. Young discovered the essence of life is derived almost exclusively through plants, and that every cell in the body needs the light derived from green plants. The greater the amount of green foods consumed in the diet, the greater the health benefits achieved. Dr. Young also found that these plant foods are cleansing and alkalizing to the body and hence created SuperGreens to balance out the acidic America diet.

**There are four InnerLight foundational products that are vital to your health and wellness. The first two we recommend everyone take daily are SuperGreens and Prime pH.**

• **SuperGreens** has 49 organic grasses, sprouted grains, leaves and vegetables. SuperGreens helps neutralize acid and pull the blood and tissue balance back to its ideal, more alkaline state.

• **Prime pH** is a powerful oxygen catalyst delivering nascent oxygen directly into the bloodstream while helping the vitamins, minerals and amino acids from the SuperGreens assimilate readily into the body.

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Featured on Anthony Robbins Power Talk Interview  
with Dr. Robert Young, author of "The pH Miracle"





# Deerfield resident opens new medical practice in Libertyville

**A** Richard D. Rosenfeld, M.D. of Deerfield has opened a new practice, Advanced Vein and Laser Centre, Ltd. in Libertyville. The practice offers comprehensive treatment for veins, hair removal and skin rejuvenation.

Dr. Rosenfeld is a trained phlebologist

and one of the few doctors in the Chicagoland area to practice EndoVenous Laser Treatment (EVLT), a minimally invasive procedure to treat vein disease. The procedure can be performed in his office in about one hour, and requires no hospitalization or general anesthesia. Patients can return to normal activities immediate-

ly after the treatment.

Advanced Vein and Laser Centre, Ltd. offers treatments to address the full spectrum of vein disease from the tiny spider veins of the face and legs, to the large bulbous veins of the lower extremities. Patients are evaluated for the type of treatment that will give them the optimal outcome. These treatments include EVLT, sclerotherapy, foam sclerotherapy, echo sclerotherapy, laser or a combination of treatments.

Dr. Rosenfeld, a member of the American College of Phlebology, evaluates every patient at consultation with a preliminary Duplex Ultrasound and Doppler test that enables him to create an individualized treatment plan that will minimize the pain and appearance of veins.

Advanced Vein and Laser Centre, Ltd. is located at 1900 Hollister Drive, Suite 220, Libertyville, 847-367-4040. More information on the practice is available at [www.avlc.net](http://www.avlc.net).



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EVLT is a registered trademark of Diomed Inc. Operated by Advanced Vein and Laser Centre, Ltd.



Advanced Vein  
& Laser Centre™

## HEALTH REPORT

### Smoking increases risk of back pain by more than 50%

**A** ccording to the American Journal of Epidemiology, smoking can double an adolescent's risk of developing long-term low-back pain. 502 high school students were studied for a one-year period. Researchers investigated the influence of various risk factors on pain development including high growth spurt, poor flexibility, poor abdominal strength, physical activity, work, mental health and smoking. Data was collected from student questionnaires and physical measurements.

17% of participating students reported low back pain. A major growth spurt (more than two inches in six months) was the most noticeable risks factor, tripling the odds of pain.

All of the other contributors to pain, such as smoking, working out and poor flexibility in the major upper-leg muscles, were preventable.

Educate your teenagers about the causes and risk factors associated with low back pain – about the consequences they will face in later life if precautions aren't taken during their teen years.

Advise them to avoid smoking – also to stretch leg muscles prior to working out; and if weight lifting, to follow the proper techniques while being careful not to overdo it.

For more information on chiropractic care call 847-546-4220. The Wellness Center is located at 314 W. Rollins Road in Round Lake Beach.



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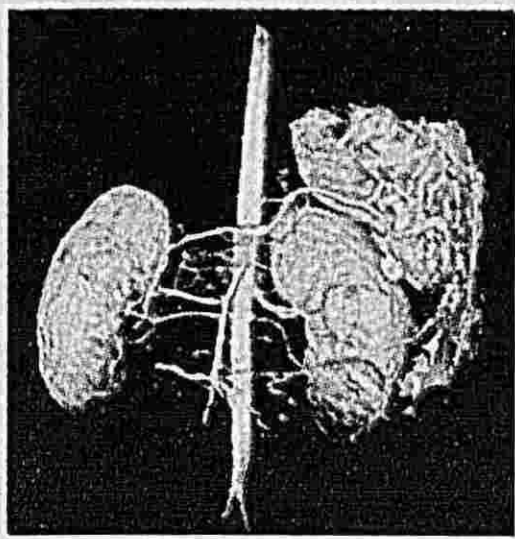
314 W. Rollins Road Suite A • Round Lake Beach, IL 60073



Dr. Daniel M. Vander Weit  
Chiropractic Physician



# New Magnetic Resonance Scanner Puts Lake Forest Hospital on the Forefront of Medical Diagnosis



**"NewMrip1":** Lake Forest Hospital's new \$2 million, state-of-the-art MRI system provides better images more quickly in a more patient-friendly setting.

Lake Forest, IL – Lake Forest Hospital (LFH) now offers the latest in MRI technology, the best that's currently available. The new system, GE Medical Systems' Signa EXCITE, provides doctors with faster access to higher-quality diagnostic information from virtually every part of the body. LFH is the first hospital in Lake County to purchase a new top-of-the-line (eight-channel) version, which can easily be upgraded to any future technological advances. "We wanted to get the best," says LFH Director of Diagnostic Imaging & Radiation Oncology John Heinrich.

"This \$2 million upgrade of our MRI Suite strengthens our commitment to providing the most advanced patient care and ensures that Lake Forest Hospital will stay on the forefront of medical imaging for years to come." With its ability to collect and process more data than a conventional MRI scanner, Signa EXCITE offers significant advantages for patient care.

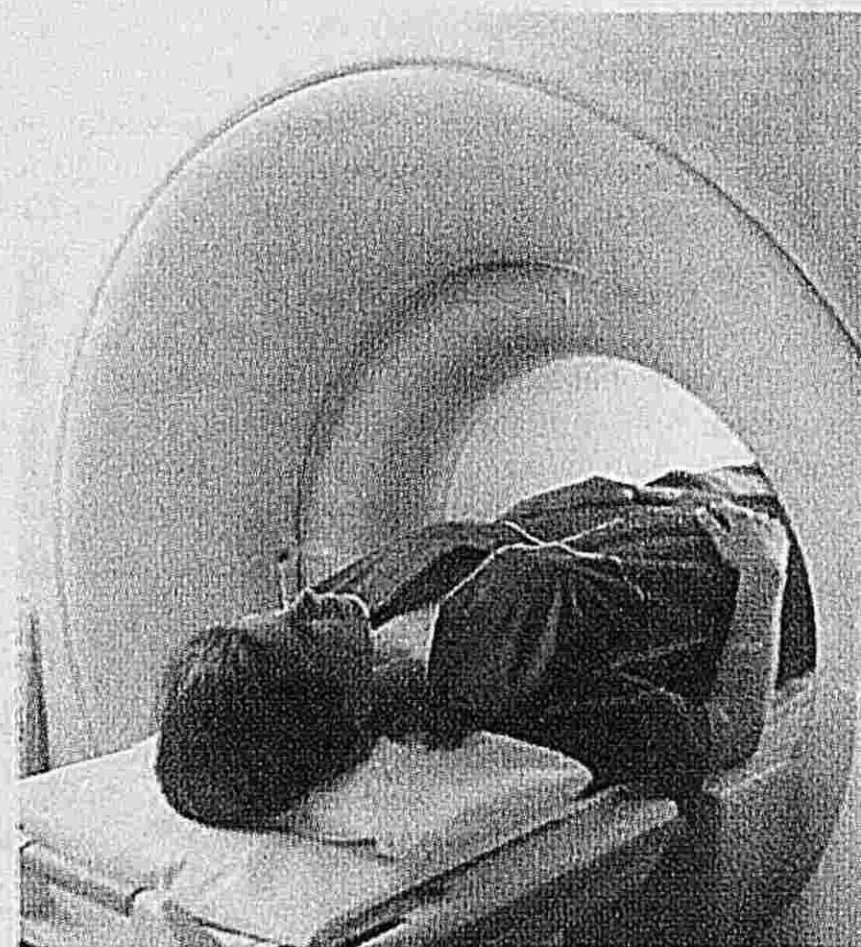
When GE Medical Systems unveiled Signa EXCITE at an international conference last year, it was hailed by some experts as the most significant breakthrough in MRI technology in over a decade—resulting in improved image quality and diagnostic confidence. Some physicians who have used it say they've seen things they hadn't seen before. They say it's true 4D imaging goes beyond conventional two and three-dimensional MRI. The result is an improved diagnosis of disease throughout the entire human body. In addition, Signa EXCITE provides its improved MRI image more quickly. This means exam times can be reduced by about 25 percent. Another patient-friendly feature is the new system's magnet, which is more open, compact and rounded than its larger, more box-like predecessor.

By improving the quality of information physicians receive, Signa EXCITE assists them in better diagnosing a wide range of conditions, including heart and vascular disease; stroke; abdominal and brain disorders; and common problems in the knee and shoulder. Lake Forest Hospital's highly qualified Radiology

department staff physicians welcome this new technology. For example, Jeffrey Choh, MD, is the director of the department's Interventional Radiology (IR) Suite, which opened at Lake Forest Hospital last year. He says, "This improved MRI technology provides a non-invasive way to evaluate arteries and veins. It's also good for patients with kidney disease who cannot receive the iodine contrast." Neuroradiologist Bradley Strimling, MD, says, "Overall, I think our MR section will improve both in image quality and by the many new types of studies we can now offer. Physicians such as neurologists, neurosurgeons and orthopedic surgeons will all benefit." Thoracic Radiologist Ahmed Faraq, MD, adds, "With regards to body imaging, this new MR unit will allow us to be on the leading edge. We will now be able to offer patients a greater diversity of examinations, including chest and cardiac imaging, as well as refined and elegant imaging of the abdomen and pelvis."

GE Medical Systems is a global leader in medical information and technology. President/CEO Joseph Hogan says, "GE EXCITE is the next frontier in imaging because it reduces the time of MRI exams while improving image quality and opening a whole new range of applications."

While MRI patients are usually referred by their physicians, you can call Lake Forest Hospital's Diagnostic Imaging department at (847) 535-6300 for further information on the state-of-the-art technology it now offers.

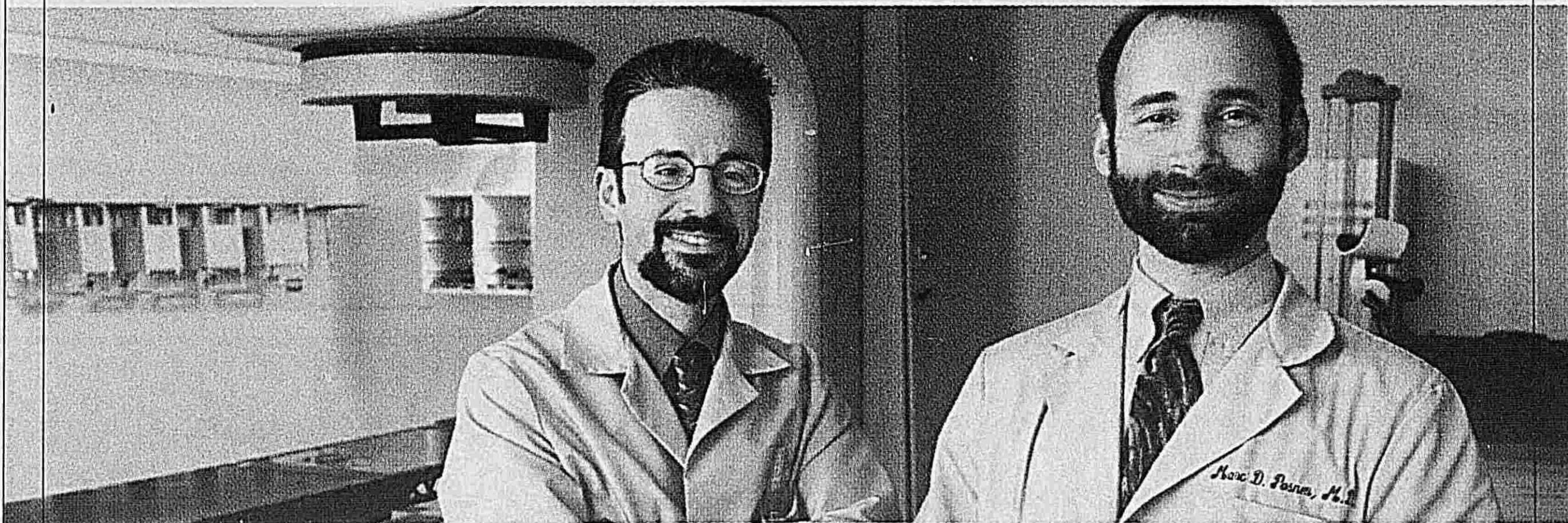


**'NewMrip2' and/or 'Newmrip3':** Lake Forest Hospital's new MRI unit offers true 4D images that go beyond conventional two- and three-dimensional MRI.

*Lake Forest Hospital is a fully licensed and accredited 214-bed community hospital offering a complete range of services that are staffed by nearly 500 physicians, with offices conveniently located throughout Lake County. For information about the hospital, call 847 234 5600; for a physician referral, call 847-535-6171.*

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## Lake Forest Hospital

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# Patient and family-focused care

**F**or 25 years, Palliative CareCenter & Hospice of the North Shore (PCCHNS) has been improving the quality of life for people with life-limiting illnesses. PCCHNS provides a full range of medical, emotional, social and spiritual needs for people with chronic, debilitating and life-challenging conditions.

PCCHNS began as a small, hospice

providing passionate, expert care for the terminally ill. Today, PCCHNS provides a seamless continuum of care focusing on patient and family needs, serving people of all ages, at any stage of life, delivering care in whatever setting that provides the greatest comfort to patients.

A pioneer in palliative medicine, PCCHNS is leading the local, regional and national movement to improve end-

of-life care by educating the public, mentoring other healthcare providers and by advocating at the local, state and national levels. Services include home care, private duty personal care, community outreach, primary healthcare at home, bereavement and consultation with attending physicians to help better manage patients' pain and symptoms.

Additionally, PCCHNS provides pallia-

tive care for children through its CareCenter for Kids, offers grief support for children through its Families With Children program and sponsors CampCare, an innovative day camp designed to help children heal after a loss.

For more information about Palliative CareCenter and Hospice of the North Shore, call 847-467-7423.




## Hospice care: It's about having choices at a critical time of life

*It's About Someone You Love.* You're concerned about a loved one. A recent diagnosis has created worries about the next steps. Will there be pain? What about the family? What are the best options?

*It's About Family.* At Palliative CareCenter & Hospice of the North Shore, we take a whole person approach to caring for patients and providing compassionate, professional care to patients and families facing serious and chronic illness or the end of life. No matter what your loved one's special needs are, we bring services that care for the whole family.

*It's About Living Every Step of the Way.* We work with you to develop a plan of care that alleviates pain and creates the best quality of life possible. So that everyone can get on with what is most important – *living*.

Find out how Hospice of the North Shore's programs and services support and care for families. Call (847) 467-7423 or visit us online at [www.carecenter.org](http://www.carecenter.org).

 Palliative CareCenter  
& Hospice of the North Shore

2821 Central Street, Evanston, Illinois 60201

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years  
OF CARING, SUPPORTING AND LIVING

## Honest and simple disease prevention treatment

**T**he Lake County Medical Group specializes in internal medicine, and provides care for adults and adolescents ages 13 and older. The practice has three certified doctors including Dr. Nina Neyman, Dr. Lawrence Amato and Dr. David Chiou and is located in both Mundelein and Round Lake Beach.

The Lake County Medical Group emphasizes the value of the doctor-patient relationship. Communication is essential to inspire health habits and guide one through the complexities of modern medicine. This

partnership is indispensable in offering insight to disease prevention and treatment. Their range of services is too exhaustive to list, but their core services include education in preventative care, obesity treatment and weight loss, and surgical procedures. They offer honest, simple and concise advice to your questions and concerns.

For professional and caring advice please contact our office to make an appointment by calling 847-566-0300 or 847-546-0580.

Our office is conveniently located at 157 N. Seymour Street in Mundelein, and 2 E. Rollins Road, Suite 2 in Round Lake Beach.



**Lake County Medical Group**

**Nina Neyman, M.D.**

**Lawrence Amato, M.D.**

**David Chiou, M.D.**

**"Giving Patients The Time And Care They Deserve"**

**Affiliated with Condell Medical Center and Lake Forest Hospital.**

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# Centegra nears completion of new Cancer Center

The center was named in honor of Sage Products recognizing its million dollar donation by Vince Foglia and Paul Hills of that company. Once construction is completed, the center will meet more than 95 percent of the oncology needs of the northern Illinois communities served by Centegra. It will provide an easily accessible location for patients and their families. Phase One of the building program was recently completed and included the renovation of the CT Simulator room and the addition of a new CT Simulator, which provides

physicians with three-dimensional x-ray images used to prepare cancer treatment plans.

According to Steve McClintic, vice president of Cardiovascular and Oncology Services, "Our vision is to provide the most advanced cancer care in the area. This allows patients to stay in the area, close to family and friends and in familiar surroundings."

Phase Two includes the construction of a unique vault and control room to house a new linear accelerator. This technology is used for radiation treatments to treat various forms of cancer. Phase Two also includes the construction of the medical oncologist physician offices. The entire project is expected to be completed by late summer, 2003.

The center will provide case management, early detection, enhanced diagnostic and treatment services, as well as aftercare and support services, including nutrition, pastoral care and education. Centegra Sage Cancer Center also plans to participate in new drug treatment protocols and clinical trials.

**C**entegra Health System, parent company for Northern Illinois Medical Center in McHenry and Memorial Medical Center in Woodstock, is nearing the final building stages of its expanded and comprehensive cancer facility: Centegra Sage Cancer Center, located on the McHenry campus. Ground was broken in September 2002 on more than 16,000 square feet of additional space that will house new technology and other programs that will encompass diagnostic and therapeutic oncology services.

A significant feature of the center will be its extensive collection of resource materials. Cancer wellness, detection, diagnostics, treatment, prevention and care will be included in this resource center. It will also allow patients and families access to the Internet access and to oncology software. Information will be available on specific types of cancer, care giving, stress management, pain management, nutrition, grief, end-of-life and survivor issues, as well as humorous and inspirational material. Local and regional support groups will also be listed to aid patients and family members in coping with cancer.

Another special technological feature is Intensity Modulated Radiation Therapy (IMRT), which improves the ability to deliver a precise dose of radiation customized to a patient's tumor. Dr. Geoffrey Smoron, Medical Director, of Centegra Sage Cancer Center, says, "As a result of this method, we can reduce radiation exposure, protecting normal tissues and organs and reducing side effects. Because of its high degree of accuracy, IMRT is most useful for tumors adjacent to critical structures such as the prostate, brain, head and neck."

Accurate and early detection is critical for providing patients with the greatest success during their treatment. Adds Dr. Smoron, "Most community hospitals can only dream of access to this type of technology. Upon completion, Centegra will measure up to any hospital in the Midwest."

The cancer center is fully operational during its expansion and renovation, and continues to provide a comforting atmosphere for patients. For more information about the Centegra Sage Cancer Center, call 815-344-8000.



## Office Hours:

Monday: 9am-6pm • Tuesday: 9am-7pm • Wednesday: 9am-6pm  
Thursday: 9am-5pm • Friday: 9am-5pm  
Saturday: 9am-12pm



**Laura Bianconi, MD**  
Board-Certified in  
Pediatric Medicine



**Jennifer Chevalier, MD**  
Board-Certified in  
Pediatrics



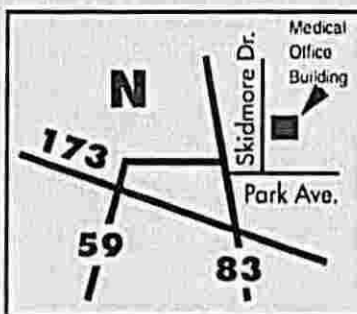
**Erin C. Davis, MD**  
Board-Certified in  
Internal Medicine



**Philip Spelson, MD**  
Board-Certified in  
Internal Medicine

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## Centegra Primary Care

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(847) 838-1470



# Kristy Freeman has an Eye for Caring

**K**risty Freeman helps some special Lake County people see things in a better light. For years, this Lake Villa resident has been traveling once a month to the Countryside Association's Lakeside Work and Training Center in Waukegan to help persons with disabilities with eyeglass adjustments and repairs. Kristy is employed as an ABO certified optician and lab manager at AccuVision Center in Round Lake Beach on Rollins Road.

Lakeside provides work training and paid work opportunities to over 175 disabled people on a daily basis. Lakeside subcontracts with community businesses and industry to obtain job opportunities for individuals who require training and support. Many of the individuals who attend Lakeside do not have funds or access to many community resources, so AccuVision's involvement is important to them.

Emphasis at Lakeside is on assisting clients to develop to their fullest potential by

achieving independent work skills, earning income commensurate with developing abilities and heightening social and personal living skills, with support and guidance to the individuals and their families.

According to Lisa Dworkin, director of Lakeside, "Kristy is a delightful, warm-spirited, cheerful volunteer who truly cares about the people Lakeside serves. She really has a big heart for people with special needs. She has been an outstanding vision advocate. A number of Lakeside folks would not have their current eyeglasses if not for Dr. Doherty and Kristy."

Kristy is supported by Dr. James Doherty, founder of two AccuVision Centers and an American Vision Center in Gurnee Mills. He has been practicing in the area since 1982 and fully support s her efforts to assist the clients at Lakeside.

For further information or to schedule an interview, contact Lekas and Levine.

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# Fitness & Massage, Inc.

**F**itness and Massage, Inc., located at 629 West Rollins Rd., in Round Lake Beach, opened in March 2003 offering nationally certified personal training and therapeutic massage. The owner, Valerie Gora is passionate about health and fitness. Her exercise clients range from 13 to 91 years old. Their training includes strength and conditioning, balance, flexibility, and Activities for Daily Living (ADL). Bodywork clients range from 18 to 86 years old. Work includes, deep tissue muscle therapy, pregnancy and sports massage, as well as chronic pain relief.

In 1996 Gora began her pursuit in alternative health. Her accomplishments include:

•Graduate from the Health & Sports Institute

of Chicago

•Certified by the National Strength & Conditioning Association.

•Graduated from the Chicago School of Massage Therapy with 4.0 average

•Passed the National Certification Board for Therapeutic Massage and Bodywork exam

•Became a professional member of the American Massage Therapy Association

•Became a teacher at the Chicago school of Massage Therapy.

•Currently a student of the Sutherland Sills Craniosacral Therapy program.

For more information on massage solutions, fitness aspects or massage parties contact Valerie at 847-668-9310 or 847-546-5555.

*"Your mind, body, and spirit will be glad you did."*

## FITNESS & MASSAGE, INC.

*"Your Mind, Body, and Spirit will be glad you did"*

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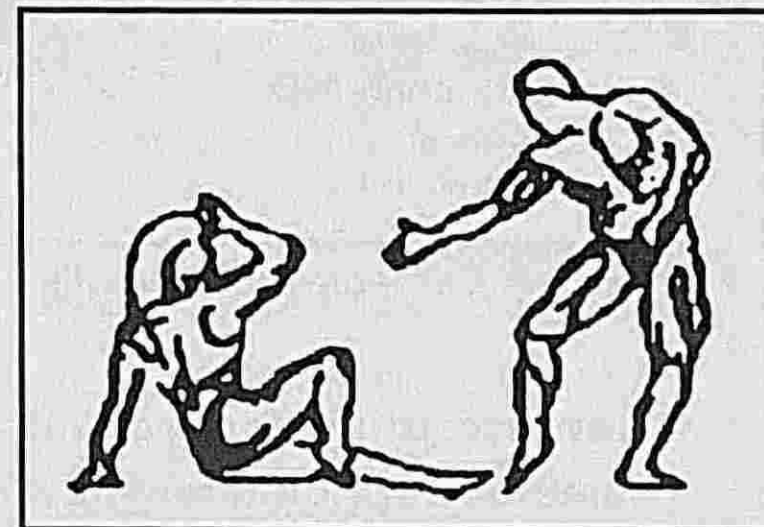
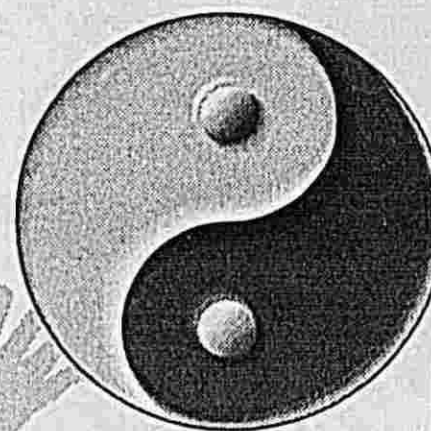
Muscle Therapy  
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# Mammograms at Lake Forest Hospital Facilities get computer-aided second looks

**L**ake Forest Hospital (LFH) has recently installed a new, computer-aided detection (CAD) system for mammography that assists radiologists in breast cancer detection. Second Look, from CADx Medical Systems, applies the latest in CAD technology to the screening mammography exams given at all LFH facilities — the Breast Care Center in Lake Bluff, the Gurnee Brookside Medical Building and the Vernon Hills Medical Building. It's a sophisticated screening tool that allows radiologists to take a computer-aided second look at mammograms, which can draw their attention to potential areas of concern that may indicate the presence of cancer.

Lake Forest Hospital Radiology Department staff members see Second Look as a valuable tool that assists them in interpreting mammograms. "Second Look helps radiologists detect subtle abnormalities that might otherwise go undetected," according to Ronald De Bruin, MD, mammography specialist. "It provides a valuable second read that increases the chances of catching breast cancer." The Second Look system is based on the same breakthrough in imaging technology the military uses for automatic target recognition.

When it comes to patient care, one of Second Look's true benefits is that it requires no additional procedures. A standard mammogram is all that's required for the CAD second view.

Here's how it works: The patient's information is entered into the Second Look system. Next, the patient's mammogram is fed into the system, which analyzes it. Second Look then produces a laser-printed report. After viewing the original mammogram, the radiologist compares this report with his or her interpretation.

For more information about Second Look or mammography screening, please call the Lake Forest Hospital Radiology Department at (847) 535-6198. To schedule a screening mammography at any LFH facility, call (847) 535-6133.

Another new feature at all LFH screening mammography centers is the option of a more comfortable experience. Women can now choose to have the softer, gentler Mammopad used during their exam. It's a single-use soft foam cushion that helps alleviate discomfort and is not as cold to the touch. The Mammopad is available for a slight extra charge during screening mammography exams at the Breast Care Center, Gurnee Brookside and Vernon Hills.

The Breast Care Center, at 71 Waukegan Road in Lake Bluff, is open Saturdays and two weekday evenings for your convenience. Saturday hours are 7:30 a.m. to 3 p.m. The Breast Care Center is also open until 7:30 p.m. on Tuesday and Thursday. It opens at 7 a.m. Monday-Friday.

*Lake Forest Hospital is a fully licensed and accredited 214-bed community hospital offering a complete range of services that are staffed by nearly 500 physicians, with offices conveniently located throughout Lake County. For information about the hospital, call 847 234 5600; for a physician referral, call 847-535-6171.*

## AMERICAN LASER

From page 11

American Laser Centers continue to grow while catering to the needs of each client, and has recently implemented a call center to lend complete support to the staff of each clinic as well as anyone needing information on the services that the company provides. I spend the majority of my working time in the field. While our growth factor is phenomenal, I feel the close association with each clinic staff has enabled me to maintain a very strong focus on the personal side of our business as well. I am convinced that continuity between providing the finest in technological progress and treatment of each client, as an individual is what has and will continue to set American Laser Centers apart from others in the industry says Tony Zanlungo, Director of Operations.

Echoing that approach is the manager of one of the company's local facilities, Emina Nikezic. In the Highland Park facility each staff member maintains an attitude of personal service that is the crux of our success. We are not selling hair removal and skin rejuvenation, we are providing our clients with self-confidence. People come to us because they want to look their best. Assisting them with attaining that goal, we bring a confidence factor into play that makes a difference in their daily lives.

For more information about American Laser Centers, visit [www.americanlasercenters.com](http://www.americanlasercenters.com) or call toll free 1-888-204-5503 to schedule an appointment in the clinic nearest you.

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# Vista Health offers community education

**F**

uture programs include 'Pain in the Neck' at 7 p.m. on Wednesday, April 23 at the Vista Surgery and Treatment Center, Lindenhurst. This educational program on pinched nerves, their causes, symptoms and treatments will be presented by Herbert H. Engelhard, M.D., Ph.D., FACS, an independent, board certified neurosurgeon with offices in Gurnee.

Varicose Veins Latest Treatment will be held at 7 p.m. on Tuesday, May 20, at the Vista Surgery and Treatment Center, Lindenhurst. This program will pre-

*Each month, Vista Health hosts free community education programs to help people learn about their health.*

sent information on new methods of reducing varicose veins and will be presented by Timothy Ryan, M.D.; an independent, board-certified vascular surgeon with offices in Waukegan.

Vision of You will be held at 7 p.m. on Wednesday, June 11, at the Vista Surgery Treatment Center, Lindenhurst. This program will feature Dr. Carolyn Conboy, a plastic surgeon with offices in Gurnee, discussing cosmetic surgery focused on breast reduction, lifts and enhancement.

For more information and to register for any of these programs, call 1-800-843-2464.

## Focused On...



**Our Community**

As health advocates, Vista Health has a very simple objective – to keep our community healthy. We offer a wide selection of community outreach programs and health screenings. Programs to help you reduce stress, quit smoking, even plan healthy meals. We'll monitor your blood pressure and cholesterol levels, too! Vista Health...Where health and care come together.

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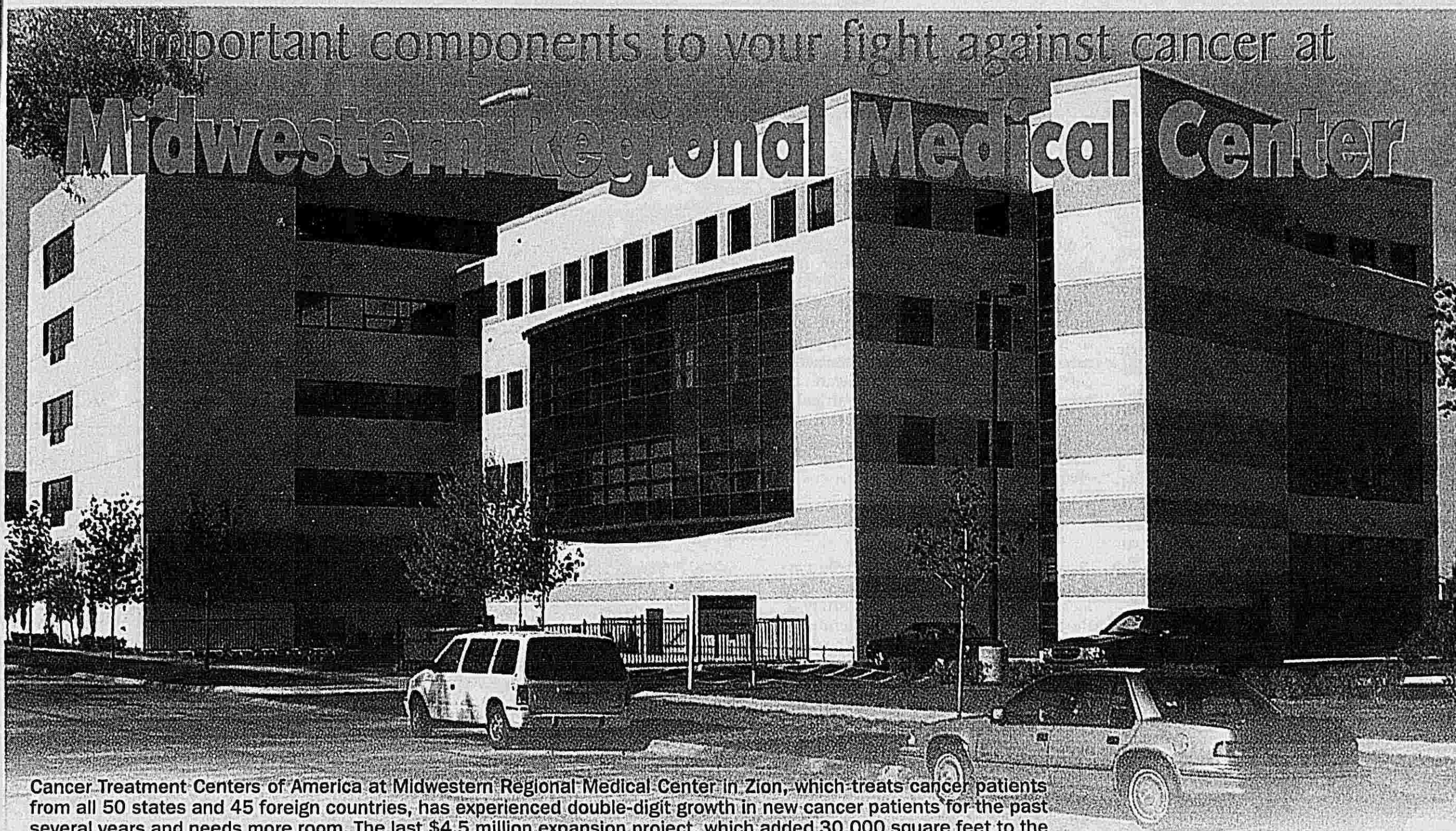
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Cancer Treatment Centers of America at Midwestern Regional Medical Center in Zion, which treats cancer patients from all 50 states and 45 foreign countries, has experienced double-digit growth in new cancer patients for the past several years and needs more room. The last \$4.5 million expansion project, which added 30,000 square feet to the more than 125,000 square-foot hospital, represented a dramatic improvement in outpatient capacity, from 18 to 39 stations. More than 60 patient parking spaces were also added. This year, no less than six expansion projects are in various stages of planning or construction. The hospital will add new, state-of-the-art equipment in radiation oncology and radiology/imaging, a 40-unit patient dormitory, and a new front entrance, more than tripling the size of the existing lobby.

At the leading-edge cancer hospitals, patients are treated better than in other hospitals. Because the cancer specialists know about the positive results achieved by research studies using nutrition to combat cancer, nutritional therapy has been made a part of their innovative, comprehensive treatment program. This personal team of experts not only includes doctors and oncologists skilled in the latest medical technology, but on-site nutritionists. And because the cancer care is compassionate as well as advanced, the team also includes the support of psychological and spiritual counselors. At Cancer Treatment Centers of America, they are winning the fight against cancer every day. Find out about the options that can help you win your fight.

### Personalized Nutritional Programs

When you choose one of the hospitals, you'll be introduced to a doctor of naturopathic medicine and an experienced nutritionist who will be part of your team. They will formulate a customized therapeutic dietary program, including vitamin and mineral supplements, to meet your specific needs. Your nutrition program will be designed to stimulate your immune system to fight your disease, and to enhance your own body's fighting ability. Nutritional therapy also strengthens your physical well-being, and has been shown to decrease the side effects of certain treatments and add to the quality of your life.

### Innovative Medicine

Doctors from around the world bring their expertise in breakthrough treatments to this program at Cancer Treatment Centers of America. As a result, we place higher emphasis on the quality of patient care. Many of the specialists are triple-board-certified. And they are not only experts, they have a heart. They take the time to listen to you. To explain. And to involve you in your treatment, which may include, in addition to traditional medical therapy, treatment options available at only a handful of the nation's most advanced cancer hospitals.

### These options include:

**High-Dose Rate Brachytherapy:** To target radiation directly to the site of a tumor or to an area surrounding a lumpectomy while sparing healthy tissue. For breast, lung, prostate and gynecological cancer.

**Fractionated Dose Chemotherapy:** To maximize the intensity and effectiveness while minimizing side effects.

**Bone Marrow Transplantation Therapy:** To destroy cancer cells and maintain the body's bone marrow defense system, through the use of very high doses of chemotherapy and stem cell rescue.

**Intra-Arterial Infusion:** To administer chemotherapy directly to the pancreas, liver, head and neck, via splenic and hepatic arterial approaches.

**Local Hyperthermia:** To use the heat of ultrahigh frequency sound waves directed toward the tumor to destroy cancer cells, and to make them more susceptible to other forms of treatment.

**Immunotherapy:** To use the body's own naturally occurring defense substances to destroy cancer cells.

**Intensity Modulated Radiation Therapy (IMRT):** To deliver high doses of radiation to hard-to-reach tumors, such as in the brain, head and neck areas, while sparing healthy tissue.

**Photodynamic Therapy (PDT):** To destroy tumor cells through the use of a light-sensitive drug, activated by a low light energy laser. For esophageal, early-stage lung cancer and several other types of cancer.

**Comprehensive Hepatic Center:** To offer tumor ablation, chemoembolization, regional biologic therapy, radiation therapy and research for living cancer patients. One of the few facilities in the country to offer such a program.

### Physical Therapy 'Motion for Life'

At Cancer Treatment Centers of America, we believe you shouldn't have to feel worse to get better. The proprietary physical therapy program "Motion for Life" is designed to strengthen mus-

cles and maintain a level of physical activity that will overcome the weakness and energy loss some individuals experience during treatments. Your physical therapist is part of your treatment team and will work with you to create a simple exercise program that meets your individual needs. The benefits of "Motion for Life" can extend for a lifetime. Continuing your prescribed program at home can help you remain active and do the things you want to do.

### Emotional Support, Psychological Counseling

Cancer affects more than the individual. It affects everyone in the family. The professional staff of specialty trained counselors and psychotherapists helps you and your family to use that part of yourself that is best able to cope with this profound change in your lives. They bring compassion and understanding to the fears, anger and hope expressed by you and your loved ones. The therapeutic relationship also helps you fight your disease. Your treatment team includes people who have specialized training in psychoneuroimmunology. Through this form of therapy, you learn to use your psychological resources to enhance your inner well-being, which may stimulate your immune system to help you better fight your disease. At Cancer Treatment Centers of America, the

### Spiritual Support

treatment options help you fight back with everything you've got.

Available for patients and their families, the on-site support program respects each patient's religious beliefs. The interdenominational chaplains will visit you as often as you like, or visits can be arranged from clergy of your own faith. Ecumenical services are held on-site. A specialty trained member of the clergy will become part of your treatment team. During therapy, emphasis is placed on using the patient's religious beliefs as part of the defense system that enhances the patient's inner well-being, so the body is more responsive to the medical treatment.

If you or someone you love has been diagnosed with cancer, call one of the cancer information specialists to explore the innovative treatment options available at the hospitals.

Doug White can be reached at: 1-800-577-1255 or e-mail at



# Understanding HEART ATTACKS

## What is a heart attack?

A heart attack (also called a myocardial infarction) is the death of part of the heart muscle due to its sudden loss of blood supply. Typically, the loss of blood supply is caused by a complete blockage of a coronary artery by a blood clot. A coronary artery is an artery that supplies blood (along with essential nutrients) to the heart muscle. Death of the heart muscle often causes chest pain and electrical instability of the heart muscle tissue. Electrical instability of the heart causes ventricular fibrillation (chaotic electrical disturbance). Orderly transmission of electrical signals in the heart is important for the regular beating (pumping) of the heart. A heart undergoing ventricular fibrillation simply quivers, and cannot pump or deliver oxygenated blood to the brain. Permanent brain damage and death can occur unless oxygenated blood flow is restored within five minutes.

Approximately one million Americans suffer a heart attack annually. Four hundred thousand of these victims die as a result. Many of the heart attack deaths are due to ventricular fibrillation of the heart that occurs before the victim can reach any medical assistance or the emergency room. These electrical disturbances of the heart can often be successfully treated with medications or other means by paramedics in the "field," or upon arrival to the hospital. Approximately 90% to 95% of heart attack victims who reach the hospital survive. The 5% to 10% who later die are those who have suffered major heart muscle damage, or

who suffer an "extension" or enlargement of their heart attack.

Early heart attack deaths can be avoided if a bystander starts CPR (cardiopulmonary resuscitation) within five minutes of the onset of ventricular fibrillation. CPR involves breathing for the victim and applying external chest compression to make the heart pump. When paramedics arrive, medications and/or electrical shock (cardioversion) to the heart can be administered to convert ventricular fibrillation to a normal heart rhythm. Therefore, prompt CPR and rapid paramedic response can improve the survival chances from a heart attack.

## What causes a heart attack?

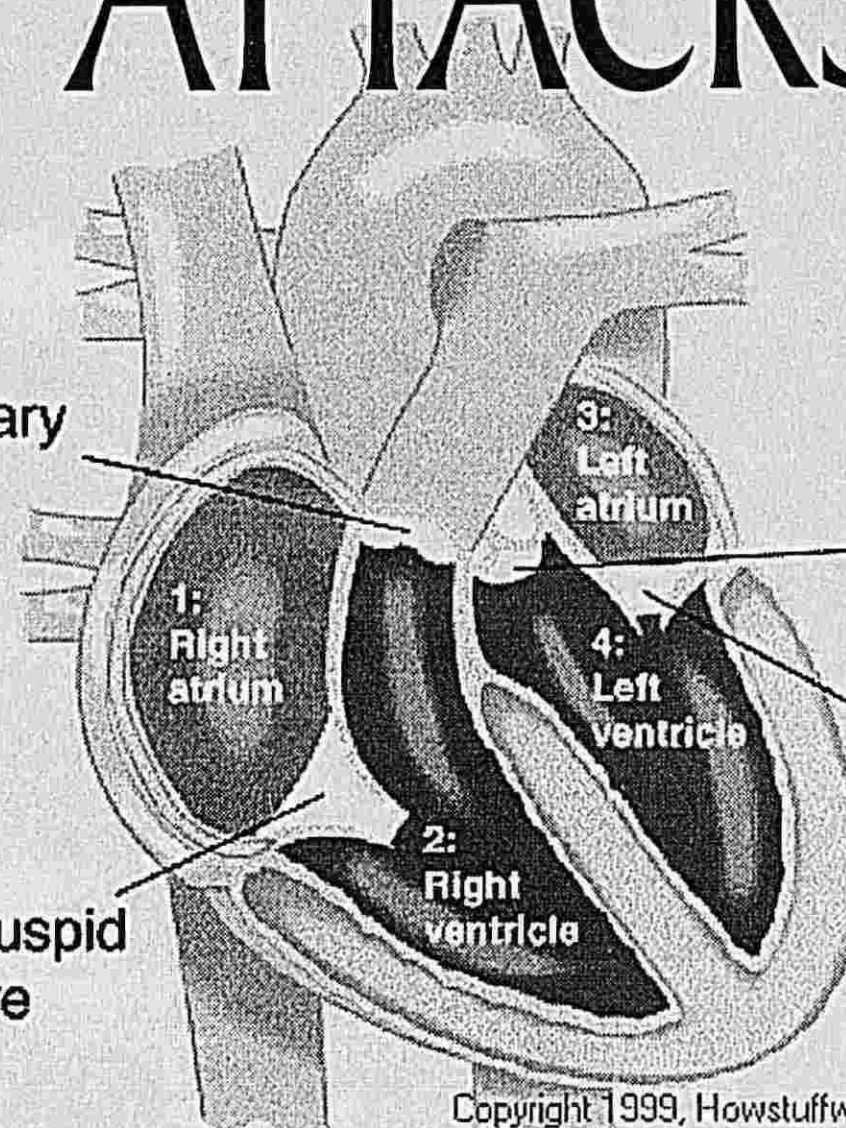
A heart attack is caused by the formation of a blood clot on a cholesterol plaque located on the inner wall of an artery to the heart (coronary artery). Cholesterol is a fatty chemical which is part of the outer lining of cells in the body. Cholesterol plaque is the formation of a hard, thick substance within the artery walls which is caused by deposits of cholesterol in the artery walls; a process that begins in the late teens. Over time, the accumulation of cholesterol plaque causes thickening of the artery walls and narrowing of the arteries; a process called atherosclerosis. Plaque accumulation can be accelerated by smoking, high blood pressure, elevated cholesterol, and diabetes. Ultimately,

atherosclerosis causes significant narrowing of the coronary arteries. During exercise or excitement, the narrowed coronary arteries cannot increase the blood supply to meet the increased oxygen demand of the heart muscle. When the heart muscle is thus deprived of blood oxygen, a condition called ischemia results; ischemia may be associated with chest

pain (angina pectoris). Typically, angina occurs with exertion, and subsides with rest. When the narrowing in the artery becomes critical, angina at rest or "unstable" angina may result. Unstable angina can be the harbinger of a heart attack in the near future. For more information heart diseases and conditions see [www.focusonheart.com](http://www.focusonheart.com).

6: Pulmonary valve

5: Tricuspid valve



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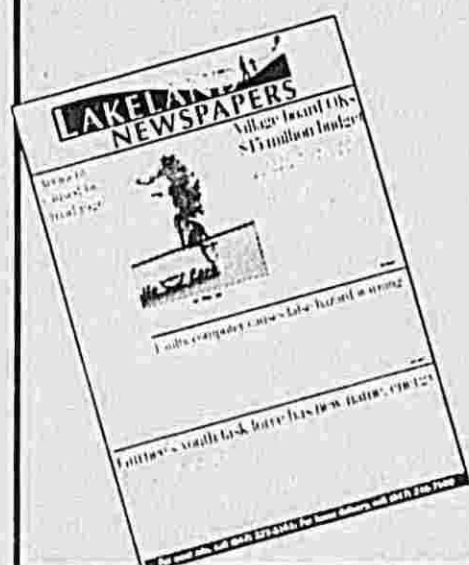


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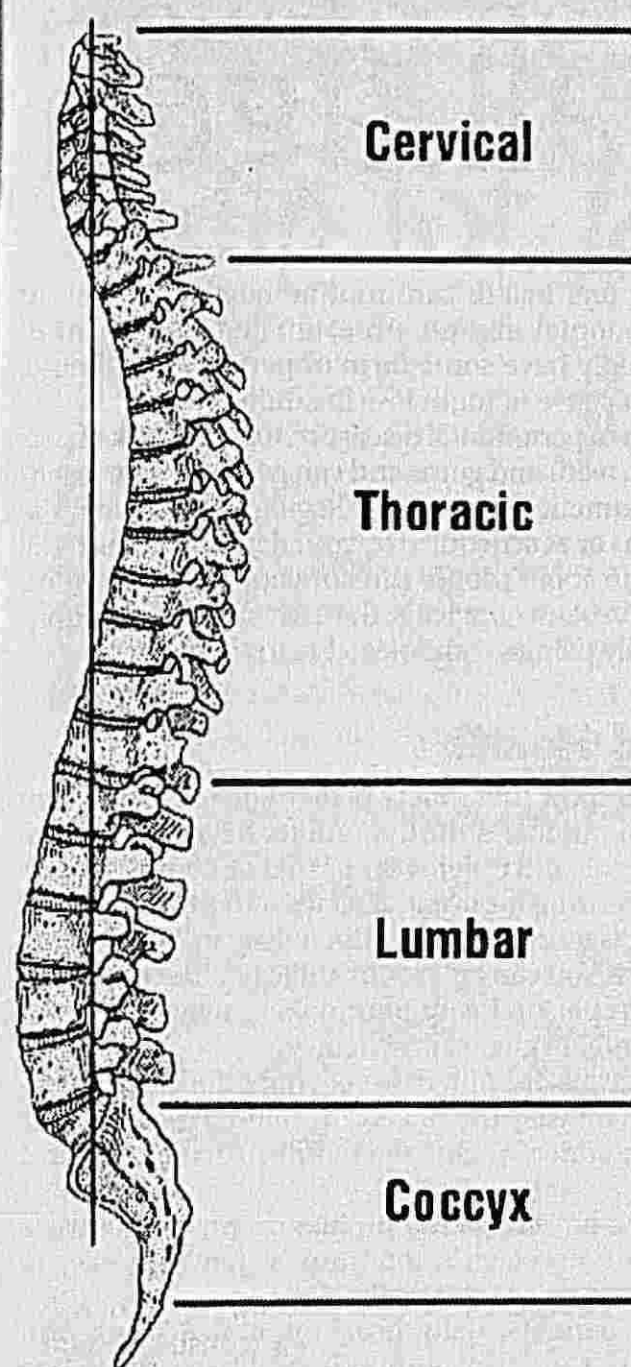
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# Anatomy and back pain

**S**pinal anatomy is truly unique in its form and function. It is designed to be incredibly strong, protecting the highly sensitive nerve roots, yet highly flexible, providing for mobility on many different planes.

However, many different structures in the spine are capable of producing back pain, including:

- The large nerve roots that go to the legs and arms may be irritated.
- The smaller nerves that innervate the spine may be irritated.
- The large paired back muscles (erector spinae) may be strained.
- The bones, ligaments or joints themselves may be injured.
- The disc space itself can be a source of pain.

Therefore, a review of spinal anatomy is important to understand the causes of back pain and evaluate treatment options. This section provides an overview of anatomical structures in the spine, including:

- Vertebral bodies
- Vertebral discs
- Spinal cord and nerve roots
- Muscles

The review includes the three major regions of the spine (Figure 1):

1. Cervical spine (neck)
2. Thoracic spine (upper back)
3. Lumbar spine (lower back)

The sacrum is at the bottom of the spine and lies between the fifth lumbar segment and the coccyx (tailbone). The sacrum is a triangular-shaped bone and consists of five segments (S1 – S5) that are fused together and connect to the pelvis (ilium) and form joints called the sacroiliac joints.

## Color your summer with “hot tips” on healthful eating

This summer's hottest colors and best shopping can be found in a very convenient place: the local produce aisle.

Last fall, the Produce for Better Health Foundation (PBH) launched a new health initiative called “5 A Day: The Color Way” which emphasizes the importance of eating a wide variety of colorful fruits and vegetables. The new campaign, which expands on PBH's long-standing “5 A Day for Better Health” program, outlines five color categories and why eating fruits and vegetables in each category is important. The categories are blue/purple, yellow/orange, red, white and green.

“Among the summer's most colorful fruits and vegetables are fresh peaches, plums and nectarines,” said Pat Baird, R.D., a nutrition expert and author of a new brochure about healthful summer eating. “Colorful fruits and vegetables, like peaches, plums and nectarines, provide the body with a wide range of vitamins,

minerals, fiber and phytochemicals (natural plant compounds that may provide a variety of health benefits) necessary to stay healthy.”

Different colors of fruits and vegetables provide different nutrients and health benefits to the body. Many plum varieties fall in the blue/purple color category, along with blueberries, eggplant and blackberries. The produce in this category contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, which may have antioxidant and anti-aging benefits. Produce in the yellow/orange group -- like peaches and nectarines, as well as pineapples, mangoes and oranges -- contain various amounts of antioxidants including vitamin C, carotenoids and bioflavonoids, now being studied for their health benefits.

Another color group, red -- which includes the reds found in the bright skins of peaches, nectarines and many plums, along with cher-

ries, strawberries and watermelon -- provides phytochemicals including lycopene and anthocyanins. The white color group, which includes Summerwhite, or white fleshed, peaches and nectarines, mushrooms, onions and bananas, feature another group of phytochemicals called allicin. In the green color group are some of the more rare green-skinned plum varieties, but more notably avocados, honeydew melon and cucumbers, which provide various amounts of phytochemicals including lutein and indoles.

“Eating for color optimizes the health benefits that can be derived by eating a low-fat diet rich in fruits and vegetables and low in saturated fat and cholesterol,” says nutritionist Baird. “Peaches, plums and nectarines -- which can be found in all of the color groups -- are often hailed for their heart-healthy qualities and cancer-fighting attributes. Whether they're eaten fresh or added to meals, these wonderful

summer fruits deliver vitamins and minerals necessary for a healthy body -- and are a juicy, delicious addition to summer menus.”

Summer, with the wide range of seasonal produce available, is an ideal time to take advantage of the health benefits of eating colorful fruits and vegetables. In Baird's new brochure, “Hot Tips: Color Your Summer with California Peaches, Plums and Nectarines,” she offers a number of tips for incorporating more produce into the daily diet during the summer months.

“Including more fruits and vegetables in the diet is much easier than most people think,” Baird says. “Adding sliced fruit to your cereal or to a salad, for example, or combining peaches, plums or nectarines and yogurt in a blender to make a smoothie are simple, quick things you can do to make sure you're eating five to nine servings of fruits and vegetables every day.”

## Polson continues to keep people healthy

Polson's Health Food Store located in downtown Antioch on Main Street, has been keeping people healthy for over 70 years. Family owned and operated 3 generations.

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# Oral health a concern for all ages

**A**t any age, a complete oral health home program includes sound nutritional habits. Many of the foods that help your body build strong muscles and bones also help build strong, healthy teeth and gums.

Dairy products provide calcium and vitamin D for strengthening teeth and bones. Breads and cereals supply B vitamins for growth and iron for healthy blood, which in turn contributes to healthy gum tissue. Fruits and vegetables containing vitamin C (among other important vitamins) are essential to maintaining healthy gums.

Lean meat, fish, poultry and beans provide iron and protein for overall good health, and magnesium and zinc for teeth and bones.

## Child Oral Health

The best way to ensure that your child does not get cavities or gingivitis is to instill proper oral habits early. Good oral hygiene routines should be established as early as infancy and continued throughout life.

Registered dental hygienists may recommend these tips:

- Even before teeth begin to erupt, thoroughly clean your infant's gums after each feeding with a water-soaked infant washcloth or gauze pad to stimulate the gum tissue and remove food. When the baby's teeth begin to erupt, brush them gently with a small, soft-bristled toothbrush using a pea-sized amount of fluoridated toothpaste.

- A small amount of fluoridated toothpaste will help to inhibit decay. Fluoride is also found in mouth rinses, community water supplies, and in some foods.

- At age two or three, you can begin to teach your child proper brushing techniques. But remember, you will need to follow up with brushing and gentle flossing until age 7 or 8, when the child has the dexterity to do it alone.

- Schedule regular oral health appointments starting around your child's first birthday. Your oral health professional will check for cavities in the primary teeth and watch for developmental problems.

- Determine if the water supply that serves your home is fluoridated. If there is not fluoride in your water, discuss supplement options with your dental hygienist.

Ask your dental hygienist about sealant applications to protect the chewing surfaces of your child's teeth, and about baby bottle tooth decay, which occurs when teeth are frequently exposed to sugar-containing liquids for long periods of time.

## Adolescent Oral Health

Good nutrition and oral hygiene care practiced at home are particularly important during the teen years. Proper diet, brushing, and flossing play an important role in maintaining a healthy smile and preserving teeth during these challenging years.

Cavities and periodontal disease can be a threat to teens as well as adults. Recent survey results show that bleeding gums were most prevalent among adolescents and that three-fourths of 13 to 17-year-olds had gums that bled.

Registered dental hygienists may recommend these tips:

- Be sure to brush thoroughly after meals whenever possible, and floss daily.

- If you wear custom-made appliances, or braces, pay special attention to keeping spaces between the teeth and archwires clean by using floss threaders.

- If you participate in contact sports, you may want to inquire about or have a custom-made mouthguard fitted during an oral care visit.

## Adult Oral Health

The hectic pace of today's adult lifestyle often leaves little

time for the daily oral health care routine needed to prevent cavities and periodontal disease. An estimated 75 percent of Americans reportedly have some form of periodontal disease, the most common cause of tooth loss in adults.

Early detection of periodontal disease reduces the risk of permanent damage to teeth and gums and can prevent more extensive and costly treatment in later years. Regular professional visits, every six months or as scheduled by your dental hygienist, will help you learn more about proper care for your teeth and gums, and are important because gingivitis, the early stage of periodontal disease, is usually painless, undetectable to a sufferer.

## Senior Oral Health

Recent surveys show that ninety percent of adults have, on average, 23.5 teeth. Almost a third of adults have all 28 teeth, and 50 percent age 55 and older wear partial or complete dentures. But whether caring for original teeth or dentures, seniors face a range of special oral concerns, including root decay and periodontal disease. You can keep your smile healthy by following a routine of proper oral care and making regular visits to your registered dental hygienist and dentist.

If you have arthritis or limited use of your hands, try adapting the toothbrush for easy use. Insert the handle into a rubber ball or sponge hair curler; or glue the toothbrush handle into a bicycle grip.

For people who have dexterity problems and cannot use a manual toothbrush, an electric toothbrush may be easier to use. Dental floss holders are also available.

Among other benefits, daily brushing and flossing protects older smiles from two common problems of getting older: root decay—a condition that affects older adults if a great amount of root surfaces are exposed—and tooth decay caused by the weakening or chipping of older fillings. <http://www.adha.org>

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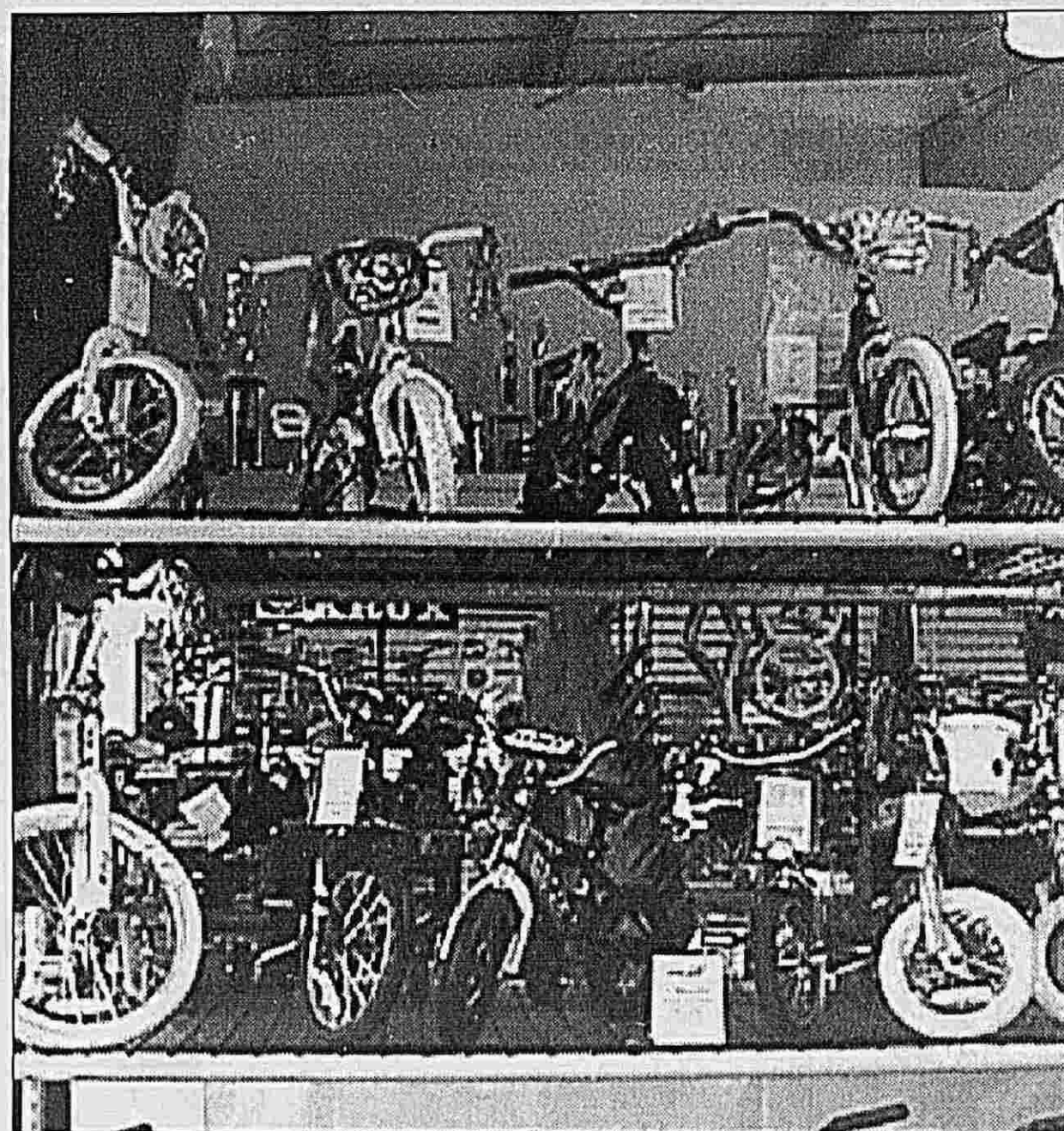
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# How to get help for low vision



For about 14 million Americans -- one out of every 20 -- the inability to see well interferes with their lives. They have trouble recognizing the faces of friends, seeing the television or checking price tags. Reading mail becomes an ordeal and walking around the neighborhood presents a challenge.

They have what is called low vision: a visual impairment that cannot be corrected by standard eyeglasses, contact lenses, medication or surgery, and that interferes with a person's ability to perform everyday activities. Most people develop low vision because of eye diseases, such as cataracts, glaucoma, diabetic retinopathy, or age-related macular degeneration -- the leading cause of severe visual impairment and blindness in Americans 60 years of age and older.

You may have low vision if, even with your regular glasses, you have had difficulty with the following:

- \* Recognizing faces of friends and relatives
- \* Doing things that require you to see well up close, like reading, cooking, sewing or fixing

things around the house.

- \* Picking out and matching the color of your clothes.

- \* Doing things at work or home because lights seem dimmer.

- \* Reading street and bus signs or the names of stores.

Many people with low vision become socially isolated because they can no longer enjoy activities such as playing cards or going to a movie. The health of people with low vision may be compromised when they cannot recognize medications or read labels or nutritional information on food packages.

For instance, some people may benefit from the use of magnifying lenses for close-up viewing, and telescopic lenses for seeing in the distance. They may need to learn how to get around their neighborhoods, or guidance on making modifications in their homes. Group support from others who suffer from low vision is another important resource.

For a free booklet, "What You Should Know About Low Vision," call (877) 569-8474.

# Senate approves new prescription drug discount program

A new state-sponsored prescription drug discount program has passed the first series of hurdles toward becoming law. According to Senator Adeline Geo-Karis, a sponsor of the plan, Senate Bill 3 gained the approval of the Senate April 8.

Geo-Karis (R-Zion) calls the program a step forward for all senior citizens in Illinois. "We all know the cost of prescription medicine is too high," said Geo-Karis. "We all agree something needs to be done. This program will begin negotiations with drug manufacturers to lower the price for Illinois' most vulnerable citizens. By making sure senior citizens have access to the medicines they need, we can protect them from more serious illnesses that put an even larger strain on their finances and ultimately leave them dependent on the state for their health care."

Senate Bill 3 creates the Senior Citizen

Prescription Drug Discount Program, which would be administered by the Illinois Department of Central Management Services. The program would be open to all senior citizens at least 65 years old -- with no income limitations, unlike the state's existing programs -- and would provide discounts for all prescriptions medications. To enroll, senior citizens simply complete an application and pay a \$25 dollar fee to cover the administrative costs of the program. Those already enrolled in their Circuit Breaker card to pay for medicines not covered by that program.

The new program would provide discounted medicines at participating pharmacies beginning January 1, 2004. The discounts would be made possible through rebate agreements with the pharmaceutical companies, similar to "buying clubs" where members of the club get discounts because the items are purchased in bulk.



Geo-Karis

# Lifting the cancer burden: The American Cancer Society marks National Minority Cancer Awareness Week

Put simply: The burden of cancer on some segments of the U.S. population is heavier than on others. Many Americans are diagnosed with cancer when it's too late to stop it - and many even die - because they lack access to or ability to pay for the screening and treatment most people take for granted. Some groups within our country are less likely to get lifesaving early detection tests, such as mammograms, Pap tests, and colon cancer screening tests. And several populations encounter barriers to access, information, and support options.

The American Cancer Society, the nation's leading voluntary health organization, is taking a variety of innovative steps to help overcome these disparities. The Society will bring attention to this issue when it recognizes the 17th annual National Minority Cancer Awareness Week - April 20-26, 2003 - along with health care providers, community organizations, and state and local agencies throughout the country.

"Despite significant progress in the prevention, detection, and treatment of cancer, today's health advances have not benefited all Americans equally," said Harold P. Freeman, M.D., director of surgery at North General Hospital in New York City; head of the National Cancer Institute's Center to Reduce Cancer Health Disparities; current volunteer and past national president for the American Cancer Society. "As the demographic face of America changes, it only magnifies the importance of addressing these disparities within the various special population groups."

"We can do something about this situation, and we are by working more closely with underserved communities to understand the

barriers that contribute to health disparities, identifying the best community assets to tackle the problem, and mobilizing them in creative strategies to eliminate these disparities," said Mark Clanton, M.D., M.P.H., volunteer First Vice President of the American Cancer Society, and member of the Society's subcommittee on diversity. "By building strong relationships with communities, the American Cancer Society is actively trying to understand and eliminate the issues contributing to the unequal burden of cancer faced by medically underserved groups."

## Some of these efforts include:

Collaborating with the National Cancer Institute to develop "Body & Soul: A Celebration of Healthy Living," designed specifically for African American churches.

Developing a four-year agreement with Alpha Kappa Alpha sorority to save lives and reduce health disparities.

Establishing the American Cancer Society Hispanic Development Center in Miami, Fla., to reach out to areas across the country with high Hispanic/Latino populations. One successful program is an advertising campaign called "Mi Vida," or "My Life," that encourages early detection of breast, cervical, and colon cancer.

Developing "Aconseje a Su Amiga" to increase early detection of breast and cervical cancer among Hispanic/Latino women.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering, and preventing cancer through research, education, advocacy and service. For more information anytime, call toll free 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).



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**Integrated care takes buy-in from top to bottom in a hospital. No politics. No egos.**

In the traditional care model your oncologist is the gatekeeper, often restricting your access to all other care specialists. How often does your oncologist meet with your nutritionist, naturopath, physical therapist, counselor, spiritual care provider or other caregiver? So what you end up doing is running all over town to get complementary care when you wish you could get everything you need in one place. Well, there is such a place--

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*Pictured is a small part of the CTCA integrated medicine team.*

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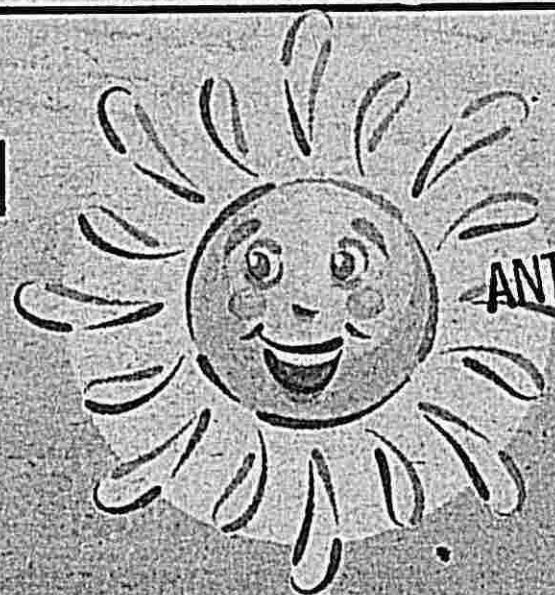
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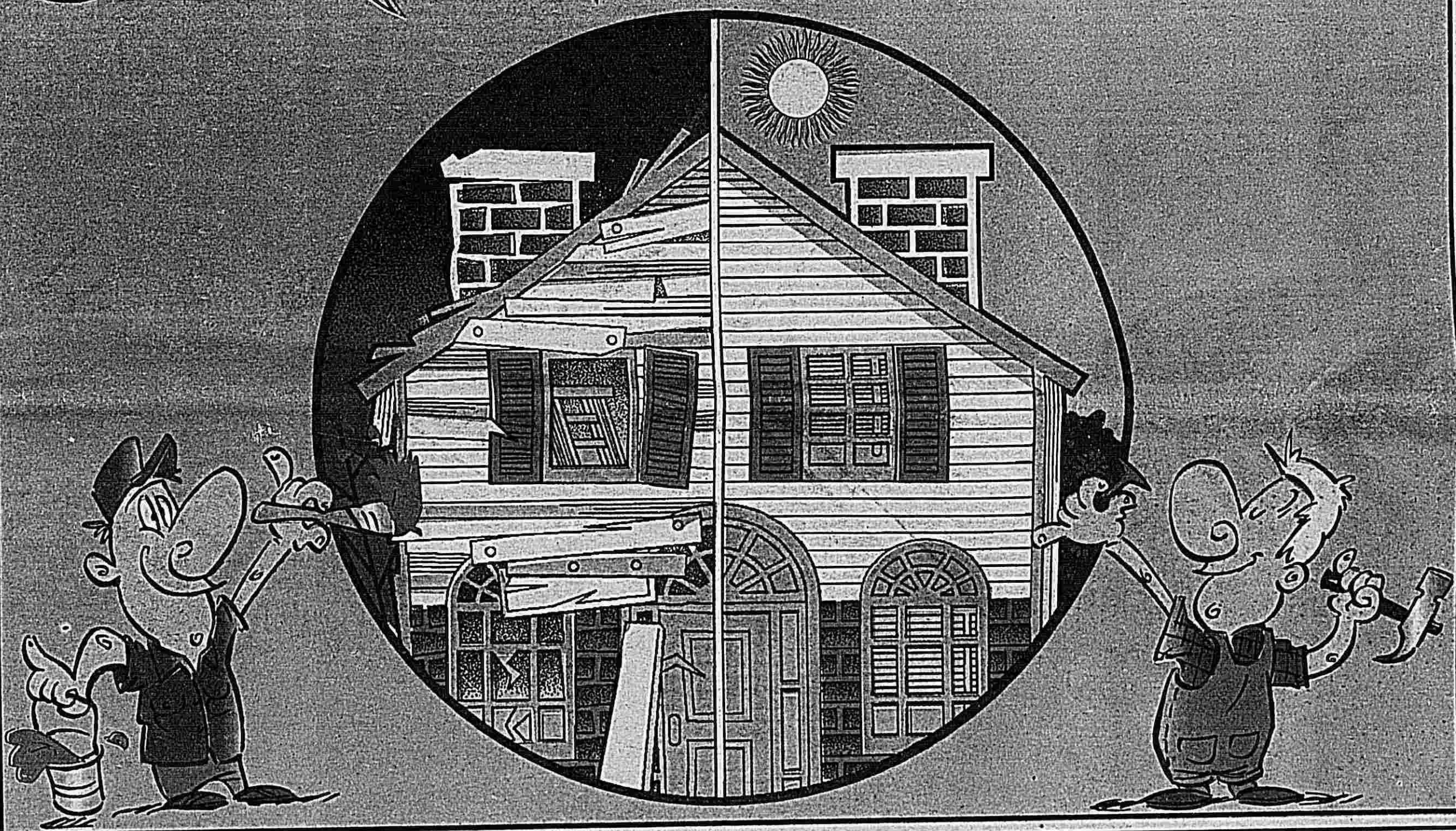


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# Landscaping creates your customized backyard

**W**ant to expand your living space without the cost of adding on? A great place to add living space is right out your back door. Through creative landscaping, homeowners are discovering the benefits of turning under-used yards into another "room" for entertaining or relaxing. These economics support the idea:

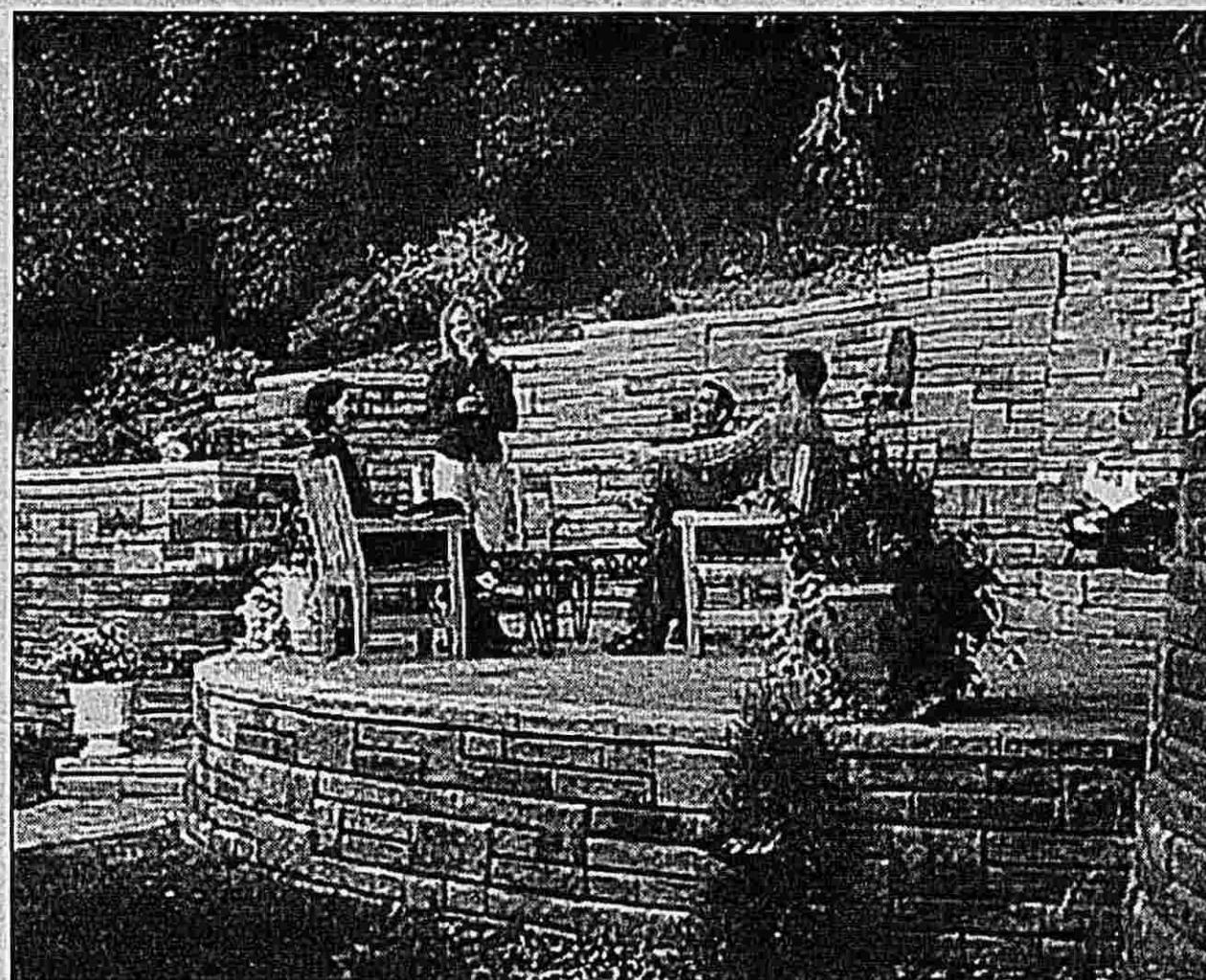
- More livable space at a fraction of the cost of adding rooms
- Increased resale appeal and value
- Turning unused space into a valuable asset

The possibilities are endless, says Robert Allan Gravier, landscape expert and president of Minnesota-based Allan Block Corporation. "Many of our customers are converting wasted space into extensions of their homes," Gravier said. He shared four ways forward-thinking homeowners are transforming their outdoor space.

**1. More than a patio.** The days of throwing a few pavers on a sand bed to create a patio are gone, according to Gravier. Rather, homeowners are asking for multi-tiered backyards featuring seating areas, flowerbeds, an area for the grill and even an outdoor fireplace. "With decorative, easy-to-install block, homeowners find that they can add dimension and style to their yards at a very reasonable cost," Gravier said.

**2. Conquer that hillside.** For some homeowners, their yards present landscaping challenges such as steep hills that steal space and compromise utility. Block walls with terraced gardens can tame hillsides and create more useable outdoor space, Gravier said. "While you may need a landscape contractor to help you with a job like this, a terraced wall constructed of beautiful decorative block can turn an eyesore into a remarkable asset."

**3. Timber!** A favorite landscaping tool for decades has been treated wood. But after a few years,



the timbers become discolored and begin to rot — not to mention, they pose a threat because of the wood treatment chemicals. Homeowners are switching to lasting and environmentally friendly decorative block walls as a solution for replacing timber walls, planters or flowerbeds, said Gravier.

**4. Outdoor oasis.** Many homeowners are seeking a quiet sanctuary for escape from the rat race. The yard can be the answer — an outdoor oasis with a personal, cozy cove to relax and rejuvenate. According to Gravier, the options for customized landscaping have never been greater. "Incorporating decorative walls easily adds character and can personalize the space in your yard," he said.

For complex landscaping jobs such as building tiers and multiple sets of stairs or walls greater than six feet high, homeowners will want to work with a landscape contractor. For more basic landscaping jobs, such as walls less than six feet, homeowners can look to their landscape supply store for products and installation instructions.



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# Paint like the pro's do

**C**hoosing the Right Color, Choosing the Right Type of Paint Can Make All the Difference. Having trouble picking the perfect paint color for your home decorating project? Not sure what type of paint you should use? Don't feel bad — even the pros need help from time to time.

The paint experts at Pratt & Lambert frequently field questions from home decorators and interior designers. Here's a list of their top 10 questions and answers to help you better understand the basics of color and paint selection and transform your weekend project into a professional quality job.

1. What is the best way to decide which color is best for my room?

The first step is determining your color scheme by examining your existing furniture, window treatments, and other accessories (or shop for these items first). Choose your favorite colors in these items and visit your paint dealer to get coordinating color chips. Look at the color chips in the daylight and at night so you will see how lighting will affect your color choices. As a last resort, you might want to buy a quart of your chosen color and test it on one of your walls.

2. My room has a chair rail and I am using two colors. Which one goes where?

If you want an open, airy look, always paint the portion of the wall below the chair rail with the darker color. This allows the lighter color to dominate.

3. Should trim work be painted the same color as the walls, or a different shade?

The answer to this question depends on what you are trying to achieve with your room. Use the same color on the trim if you are trying to disguise ordinary or unattractive trim work, or if you are trying to create a uniform, monochromatic look. Use a lighter or darker color to accentuate trim work or to add subtle hints or bold flashes of color to your room.

4. Will the paint I chose look lighter or darker on the wall?

Over a larger surface area, most colors appear darker. It's a good idea to choose colors a shade or two lighter than what you want. Clean, bright colors can appear either lighter or darker depending on the surrounding colors and lighting in the room.

5. I've just finished painting my room and the color is bolder than I expected. How can I soften the look?

Try applying a lighter or more muted color over the original color using a design technique such as rag rolling, sponging, or color washing.

6. How do colors affect a room's size?

Generally, strong, warm colors like reds, oranges and yellows tend to close a space. These colors

are known as advancing colors because they jump out and meet the eye. Conversely, receding colors like blue, green and violet tend to make a room look larger because they "stand back" visually. However, the darkest values of the receding colors, like navy blue or hunter green, also tend to have a diminishing effect on a room's size. Small rooms are best made to appear larger by painting them white or a light neutral color.

7. What color should I paint my ceiling?

It is customary to paint ceilings white or off-white. This creates the illusion of higher ceilings and a more open space. Medium to dark colors will create the illusion of lowering the ceiling, which can create a cozy look if the ceiling is higher than usual. With normal height ceilings, medium and dark colors could close in the area too much creating a cave-like appearance.

8. What's the difference between different types of paint finishes and which finish works best where?

\* Flat finishes have no shine, making them ideal for hiding minor surface imperfections. While traditional flat finishes are not usually stain-resistant, Pratt & Lambert Accolade is designed to provide maximum stain resistance while maintaining a beautiful flat finish.

\* Eggshell or velvet finishes work in just about any room. They are easier to clean than flat finishes and offer a soft glow that warms up any room.

\* Satin or semi-gloss finishes are easy to clean and are good for highlighting architectural details. They work well in kitchens, baths, and on doors and trim.

\* Gloss finishes are shiny and scrubable, so they are perfect for doors, trim and specialty uses.

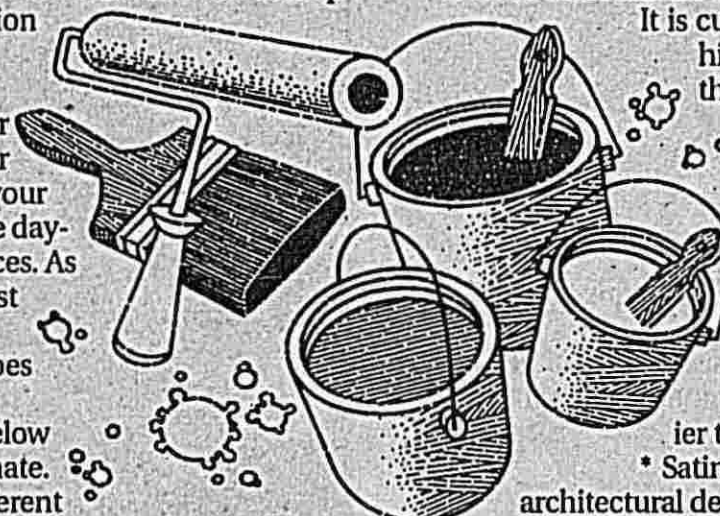
\* Sheen terminologies vary by manufacturer. Please see your Pratt & Lambert dealer to view actual sheens.

9. What is the difference between oil-based and water-based paint, and what are the advantages of each?

Alkyd, or oil-based paint penetrates wood better than latex (water-based) paint and won't stick when you keep your doors and windows shut for the winter. For the bulk of most jobs, latex (water-based) paint is the better choice. It dries faster, doesn't yellow and can be cleaned up with soap and water when you break for the day.

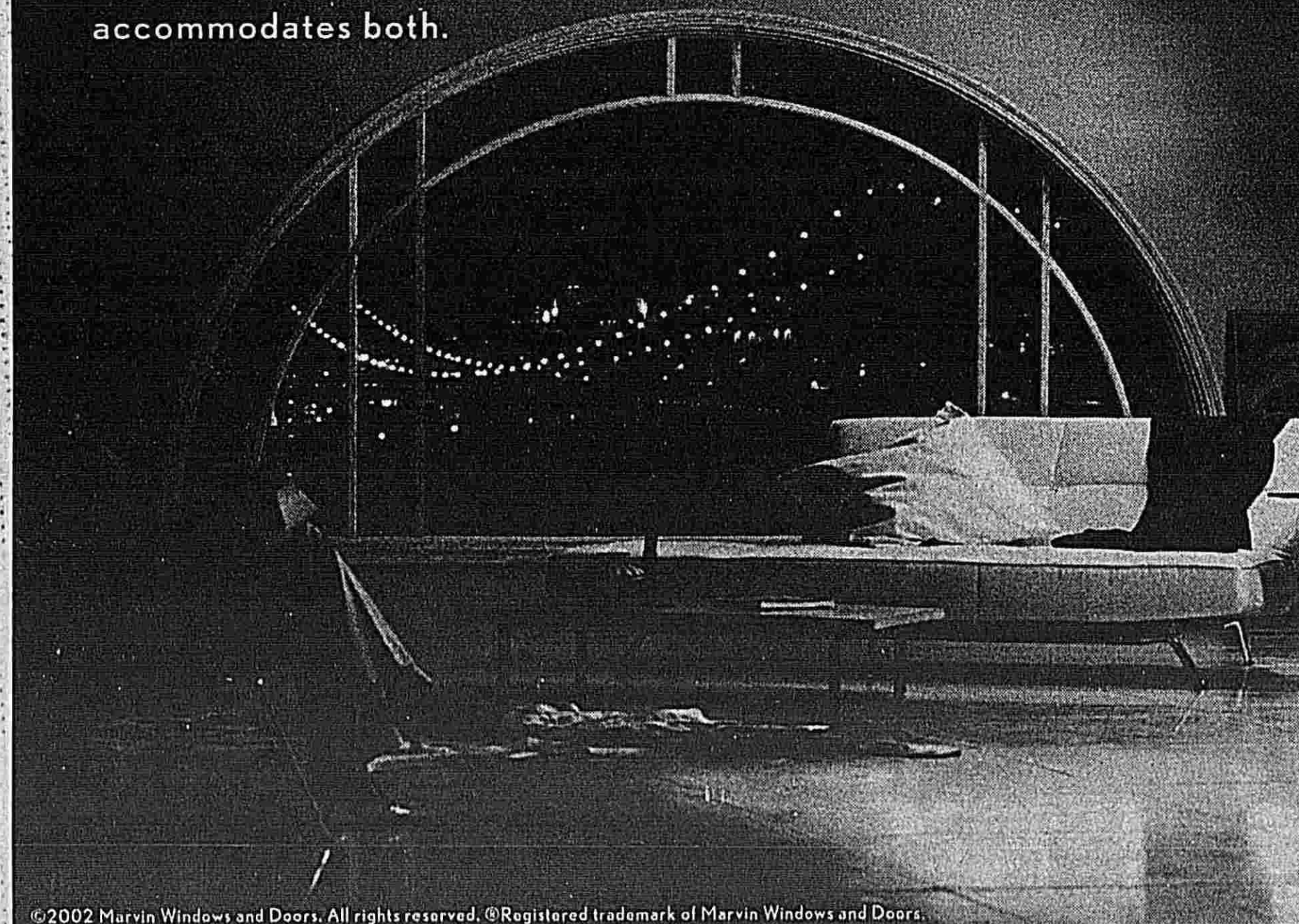
10. How do I determine the amount of paint I'll need for a particular job?

The first step is to add the width of all walls in the room together. Multiply this sum by the height of one wall from floor to ceiling. Take this total number and subtract the total area of your doors, windows, archways, etc. to get the exact area of wall space you will paint. A flat surface usually requires one gallon for every 400 square feet. Take into account the number of coats you will need to do the job right. Blue and yellow are hard colors to cover up with just one coat.



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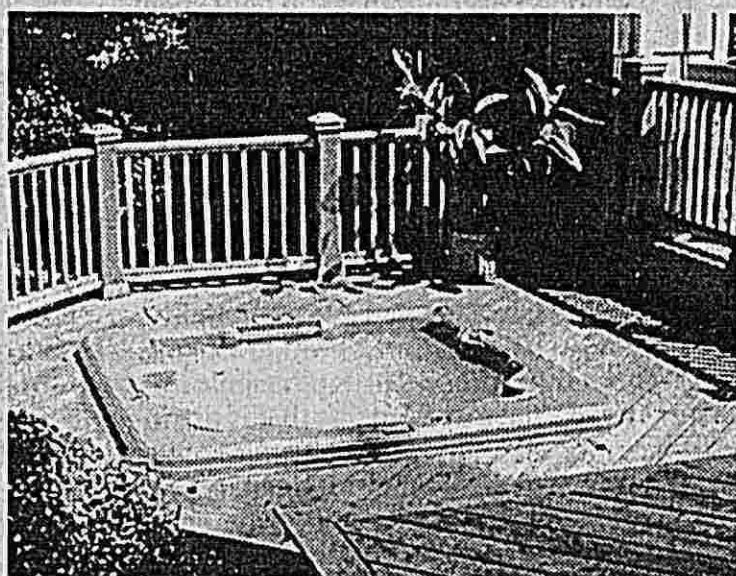
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Remember that pool ownership requires responsibility. Drowning is one of the largest causes of accidental death for American infants and children under the age of five.

## Here are some DROWNING PREVENTION TIPS:

1. There is NO substitute for adequate supervision.
2. Pools and spas are attractive to children—remember to keep them away in the absence of adequate supervision. A fence, wall or natural/artificial barrier should completely enclose your pool or spa.
3. Check with your state or local government to learn specific legal requirements concerning fencing around pools and spas. YOU CAN NEVER BE TOO CAUTIOUS.
4. Do not place objects like chairs or tables near the pool or spa fence that could allow a youngster to climb over.
5. A clear view of the pool or spa from the house should be assured by removing vegetation and other obstacles.
6. If you use a pool or spa cover, carefully read and follow the manufacture directions for safe installation, use and maintenance. ALWAYS completely remove the cover for safe installation, use and maintenance. ALWAYS completely remove the cover before using your pool or spa to avoid becoming trapped under cover.
7. Drain any standing water from the surface of you pool or spa cover. An infant or small child can drown in even the smallest amount of water.



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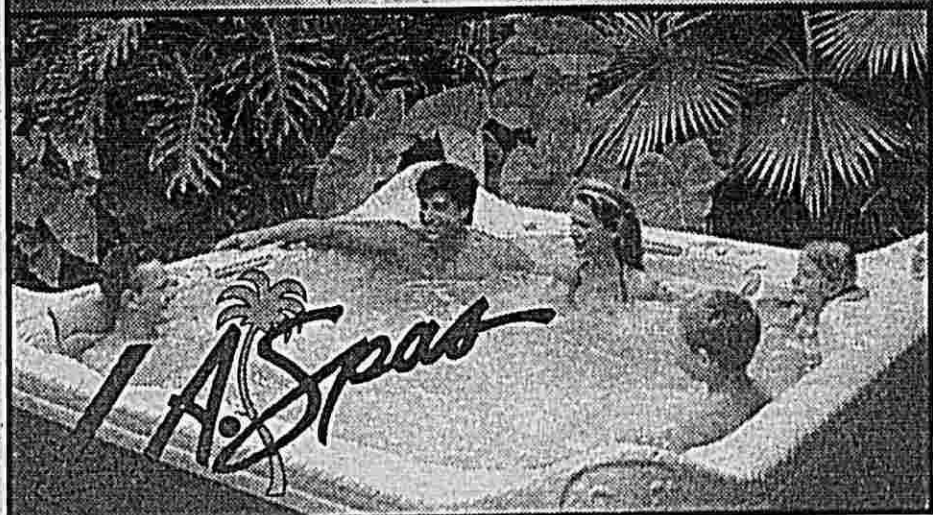
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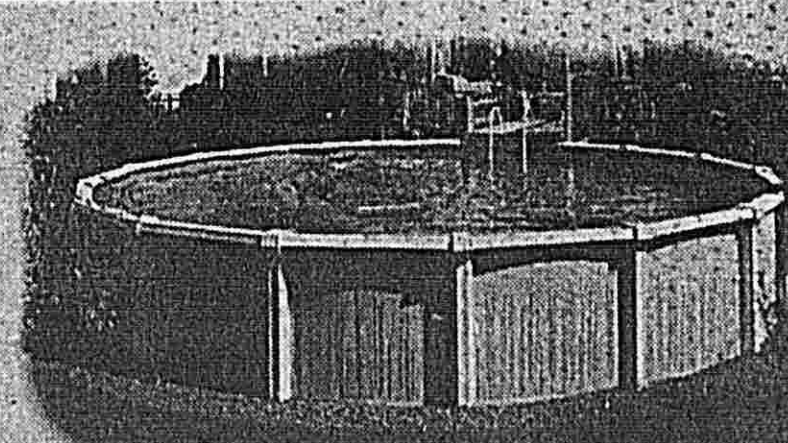
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## Environmental etiquette

A healthy lawn is not only a pleasure to look at, but it is also good for our environment. Here are several reasons why:

- Lawns and other turf areas provide a natural water filtration system.
- The root system purifies the water that goes through it.
- The lawn helps replenish the oxygen supply and filters airborne pollutants, like dust and soot.
- A healthy lawn also prevents soil erosion, reduces sunlight glare, builds topsoil, reduces noise and increases home value.

So now that you know why a healthy yard is good for the environment, here are some things you can do:

### Composting

You may have noticed compost bins in your neighbor's backyard. You can build one yourself or buy a composter. If you build one, it should be at least three feet in diameter and four feet high in order to build up a hot internal temperature that gets it "cooking." And John Deere recommends that you also use a fertilizer with 10 parts each of nitrogen, potassium and phosphorus. To control odor, use lime and a layer of soil. You can use many things to make your compost, but organic materials that will easily decompose, like leaves, grass clippings, straw and other disease-free vegetable matter, are best. And, in the spring, you can use your compost to

spruce up your vegetable garden ... it's called "gardeners' gold."

### Grasscycling

Did you know that grasscycling is a way you can be environmentally friendly? Grasscycling is a process that returns nutrients to the soil while solving the problem of disposing of yard debris. You can grasscycle by following the John Deere one-third rule, which is to mow only one-third of the grass blade at a time. Or, you can use a mulching mower to cut and re-cut clippings into tiny pieces. And don't worry — grasscycling won't cause thatch. Grass clippings are 85 percent water, so they decompose quickly and return nutrients to the lawn.

### Watering

Water pollution has been a cause for concern around the globe. Did you know you have a water purification system right outside your door? It's your lawn. A healthy lawn actually helps filter contaminants out of rainwater. And maintaining this purification system can be simple. First, take a soil sample from your lawn and have it analyzed by your county extension agent or a landscape professional to make sure your lawn is receiving the nutrients it needs. Second, always follow the John Deere one-third rule. Third, make sure you follow fertilizer application directions to avoid burning your lawn. Finally, when it's time to water, water deeply, but infrequently — about 1 to 1 1/2 inches each week.

Following these simple tips can help protect your yard and the environment.

## Blind Cleaning: A new-age solution for an age-old problem

It's here...time for spring cleaning. Also, it's time to clean those mini-blinds and window coverings that you have spent hundreds, even thousands of dollars on. Cleaning them the old fashioned way using dry cleaning methods or even a garden hose can not only be frustrating, but also extremely time consuming. Many times your blinds or drapes are either damaged or ruined completely!

Not anymore! Clearview Ultrasonics of Libertyville, a family owned and operated business, can clean 95% of all window coverings. Our unique process uses ultrasonic sound waves, the same process that is used in the cleaning of jewelry. The ultrasonic sound waves are so small that they impregnate every portion of the blind. For example, when mini blinds are cleaned using our process, it not only cleans the vanes of the blind, it also cleans the ladders, wands, and more importantly, it lubricates all the mechanisms in the head rail. Not only does your blinds look like new, but in most cases, it will operate like new.

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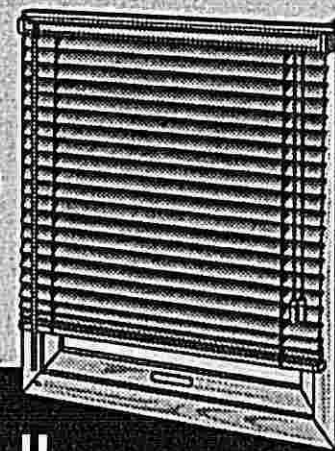
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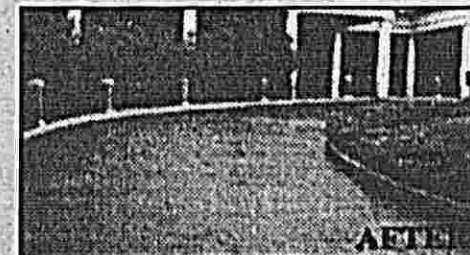
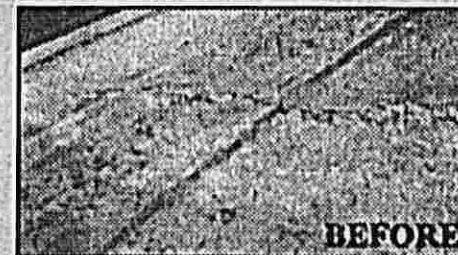
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# Planning your outdoor living room

## How-to basics for a ground level deck

For anyone desiring more living space, decks offer an easy, attractive and cost-effective solution. They connect indoor space to the outdoors, integrate home and landscape, make use of damp or rough terrain and even add an element of class and craftsmanship to the home.

A ground level deck may be the simplest way to expand outdoors. Attached to the house or freestanding, decks remain one of the fastest ways to create usable space. Shallow pools, tubs and planters work well when set into a deck, or it may be a good place to drop in that hot tub or attach a gazebo.

Like any expansion project, decks require careful planning. Think about its intended use, environment and style when deciding placement, size and design.

### Choosing materials

Start by evaluating quality decking material that suits your tastes. There is a wide range of choices, but perhaps the most popular natural material is western red cedar — and for good reason, according to the experts.

"Natural qualities of western red make it an excellent choice," says Peter Lang, general manager of the Western Red Cedar Lumber Association. "It's stable, yet resilient, lightweight and naturally durable without the need for chemical treatment. Better yet, it stays cool on hot summer days, unlike some plastic or wood composite products."

Lang says the natural compounds in the wood specifically resist rot and mildew, and release the fragrance unique to western red cedar.

### Building basics

Let's assume the choice is western red cedar. It comes in a range of patterns and sizes and can be selected to suit personal tastes and durability needs. As for color, western red cedar boards range from light amber to deep honey brown.

Now, it's time to remember a few basic tips that can make or literally break the project. Space deck boards apart to allow proper water drainage, because decks that dry quickly will last longer. Moisture and debris may collect where joints occur over joists, so make sure to leave a drainage space — about 1/8 inch — between the ends of boards.

### Protecting the deck

Before the summer barbeque begins, there remains one last critical step. Apply a protective finish soon after deck construction to prevent surface degradation. Water-repellant preservatives and semi-transparent stains are the best choices to capture and retain the beauty of the wood. Choose from a broad spectrum of colors.

"Western red is quite versatile and accepts a variety of stains and coatings to create the particular look the homeowner wants," says Lang.

For the best results, be sure to select a finish that contains water-repellent fungicide and mildewicide, and protection against ultraviolet light. Each type of finish will come with specific instructions, so always follow the guidelines from the finish manufacturer.

In general, apply a finish when the moisture content has stabilized at the level that will prevail during the life of the wood. Lightly scuff smooth cedar with sandpaper prior to applying the finish.

### Easy maintenance

Proper maintenance practices for cedar decks include allowing proper water drainage; sweeping the surface to remove loose dirt, leaves, pine-needles and other debris; and moving planters, benches and other deck accessories from time to time to permit the deck to dry thoroughly. Depending on the finish used and the climate, a deck may need cleaning and refinishing every two to five years.






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## Make your kitchen work for you

The kitchen often becomes a family hub, the heart of the home for daily activity and entertaining. For this reason, the design of a kitchen space should address how the room is used on a daily basis. Identifying how you like to cook, eat and entertain are important steps in creating an efficient kitchen space.

### The Kitchen Pro

Ask any chef and they'll tell you that cooking with the right equipment makes all the difference in the world. While a full kitchen overhaul can be costly, here are a few innovative ideas that blend functionality and fashion.

• Mix and match. It is perfectly acceptable to equip your kitchen with appliances you like, one by one. Most culinary experts do not choose an entire matching set of appliances from one manufacturer. Instead look at individual appliance features and stick to easy-to-match finishes like black, white and stainless.

• Stainless steel fixtures and appliances are in vogue for good reason — they work with any color palette and many are built for standard sizes so they are easily retrofitted to your space.

• Streamline food preparation and cleanup with specialized fixtures. American Standard's new Culinaire Collection offers coordinating kitchen sinks, faucets and accessories that work extra hard. For example, the remote access drain feature allows you to drain the basin without sticking your hand into dirty dishwater. The line also features nonslip cutting boards and metal dish racks sized to fit snugly over the sink surface.

• If frozen dinners come flying out of the freezer door every time you open it, consider

adding refrigeration or freezer drawers in your kitchen work island. These products are specifically designed to keep certain items, such as produce, at the exact temperature and humidity to stay their freshest. These compact units can add as much as 30 to 40 percent more refrigeration and freezer space to a kitchen.

### Conquering Space

Gadgets and small appliances can be very handy but tend to gobble up space.

• What's good for your wardrobe is good for your kitchen — donate items that you have duplicates of or that you no longer use and replace them with sleek versions of must-have kitchen elements. Sinks with integrated accessories, like the Culinaire sink and its integrated drainboard and colander, are more efficient, stylish and eliminate kitchen clutter.

• Create more counter space by adding a small center island or rolling cart. Look for a cart that is decorative but also offers storage space below the work surface.

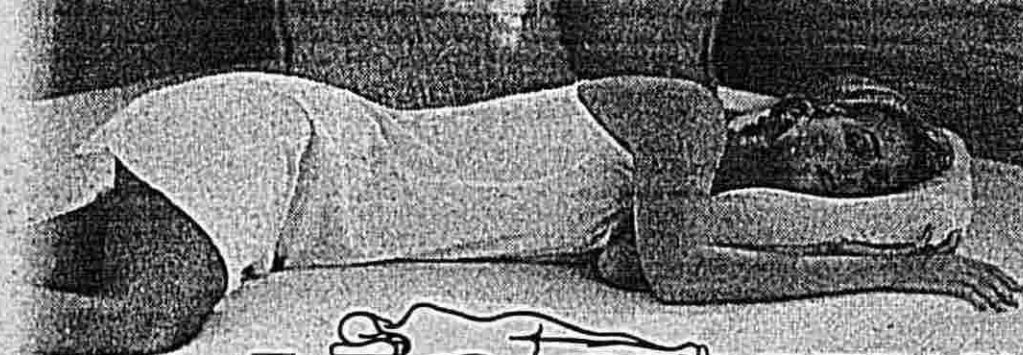
• Trade in your kitchen table for a bar-style counter and stools. Not only will this free up floor space to add more cabinets or extend counters, it will also prompt you to use your formal dining room more often for family meals.

• Annex space from another room to create a walk-in pantry. This is one of the most popular features for homebuyers. It allows for storage of bulk food items and large appliances like chafing dishes that are used infrequently.

• Get creative to better utilize deep cupboards and organize drawers. Lazy Susan rotating trays and stackable spice racks are just the tip of the iceberg — install shelves that pull out for easy access items in the back. Also, fit a horizontal knife block next to your flatware caddy to protect your fingers and the life of the blades.

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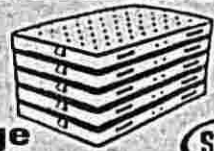
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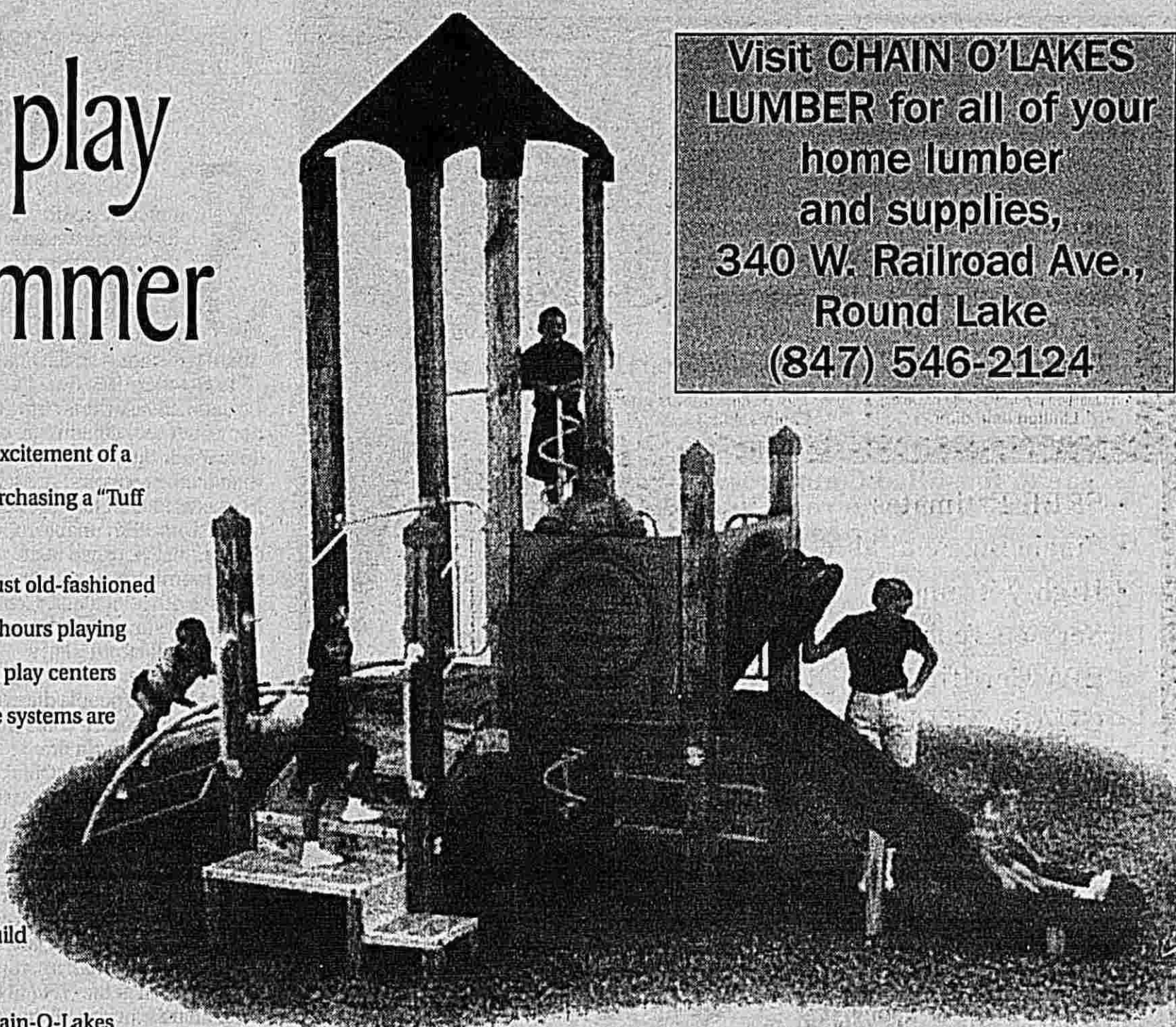
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"Tuff Kids" commercial playground systems offer customers elaborate design plans to simple swing sets. Prices vary and a system can be designed to accommodate any budget. The sets are easy to build with step-by-step instructions.

For all of your home lumber needs and supplies, contact Chain-O-Lakes Lumber at 847-546-2124 and is located at 340 W. Railroad Ave. (Rte. 134) in Round Lake.



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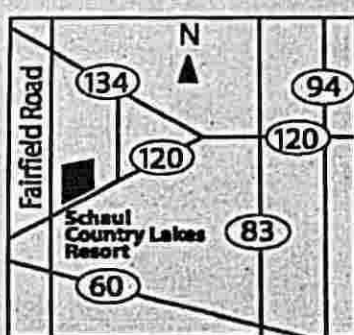
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## Security bars not always safe

Sometimes a device that prevents one hazard creates another. That can be the case with security bars, the metal bars that people put on their windows and doors for security. They do keep intruders out -- but they also can trap residents inside in an emergency.

In October 1995, five children died in Oakland, Calif., when a fire broke out in their home, but they couldn't get out because the door was locked and steel bars were on the windows. The same fate befell four children in Ybor City, Fla., in 1997; unable to escape, they perished in an early-morning fire.

Many other incidents like these, often involving children and multiple deaths, have raised concerns about this issue. About 15 people die each year because security bars trap them inside during a fire.

What's the solution? Quick-release devices for security bars enable you to push the bars open from the inside. These can involve pulling a lever, pushing a button, stepping on a pedal or kicking in a lever on the floor.

Most fires involving security bars occur in low-income neighborhoods where people are already at higher risk for both crime and fires. To deal with the problem, the Center for High-Risk Outreach at the NFPA (National Fire Protection Association), based in Quincy, Mass., has organized a Home Security Fire Safety Task Force to help communities reduce

deaths and injuries from these fires through engineering, legislation and public education.

In Fort Lauderdale, Fla., for example, the members of the Task Force and the Fire and Rescue Department did a sidewalk survey to identify homes with security bars. Each received a notice informing residents of the danger, and listing installers who could retrofit the existing bars or put in newer, safer ones.

Low-income residents were offered communi-

ty block grant money to help with the cost. In Oakland, the fire department, State Farm Insurance and a local housing group teamed up to conduct a public education campaign and to offer a pool of funds to help residents retrofit or replace security bars.

In addition, California has passed laws requiring that security bars used on escape windows be releasable and that all new security bars be labeled with safety information.

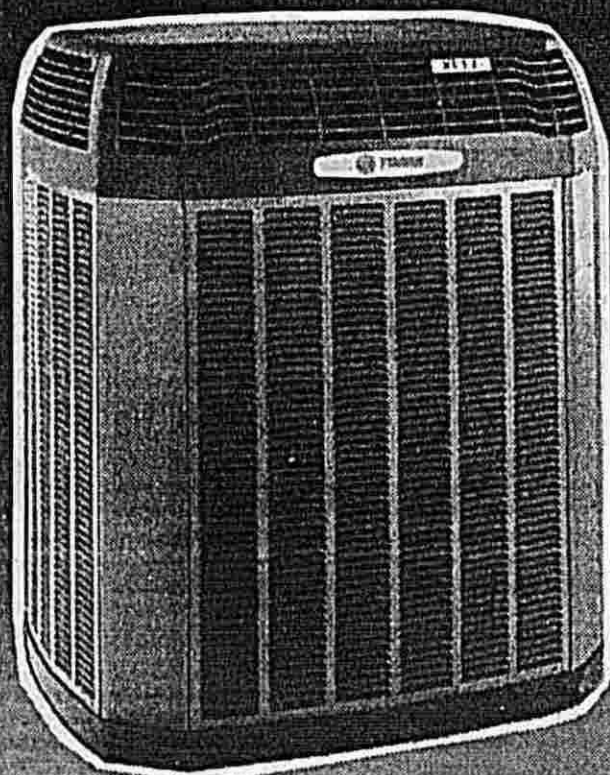
Public programs and laws can have a huge effect, but when a fire breaks out, individuals' actions make the biggest difference. Here are some tips from NFPA's Center for High-Risk Outreach:

- Install working smoke alarms on every level.
- Know two ways out of every room.
- Use quick release devices on barred windows and doors.

Free educational materials, "Safe and Secure," can be downloaded from NFPA's Web site, [www.nfpa.org](http://www.nfpa.org), from the public education section.



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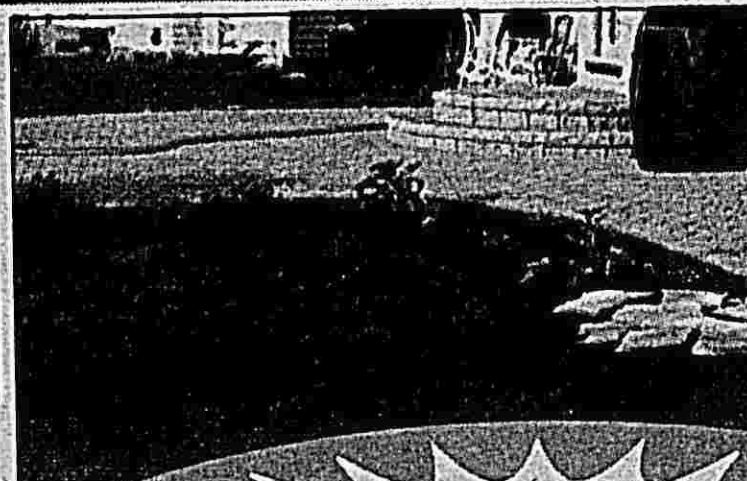
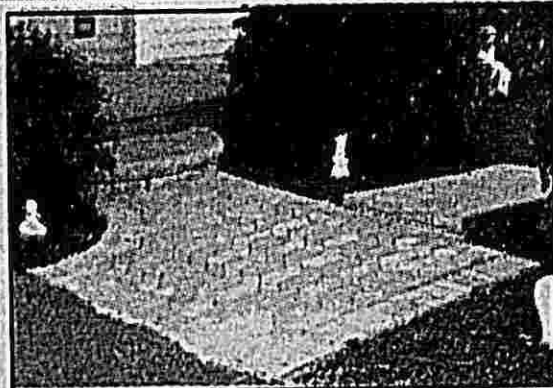
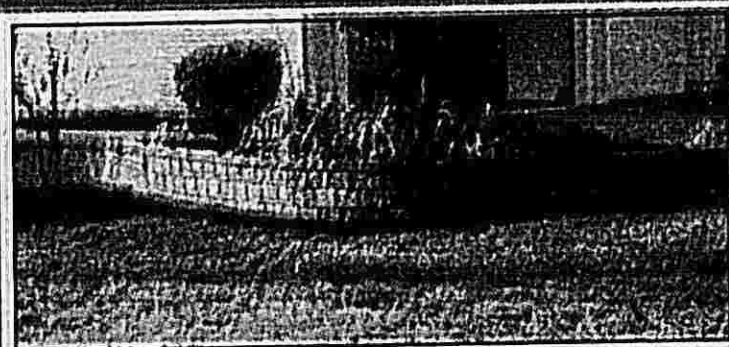
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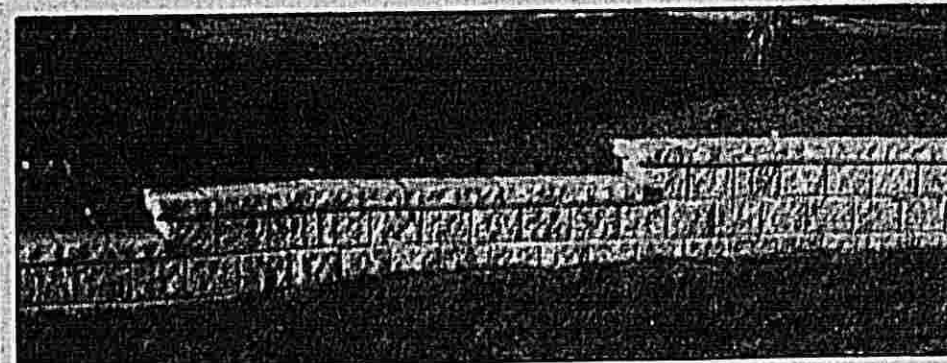
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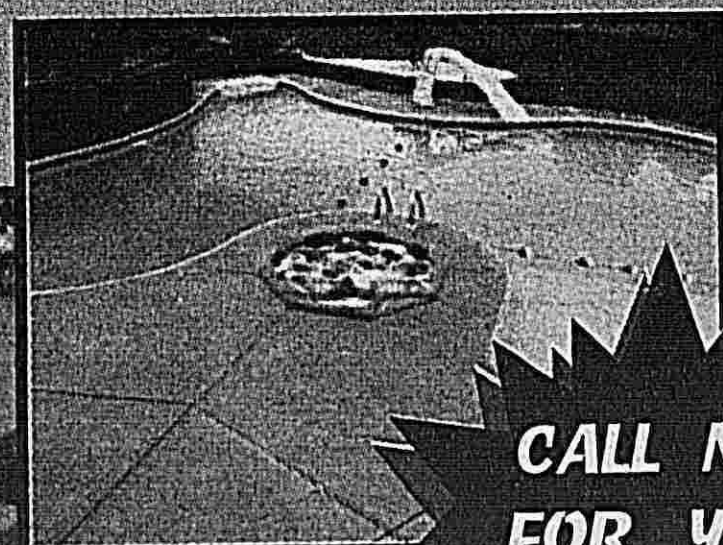
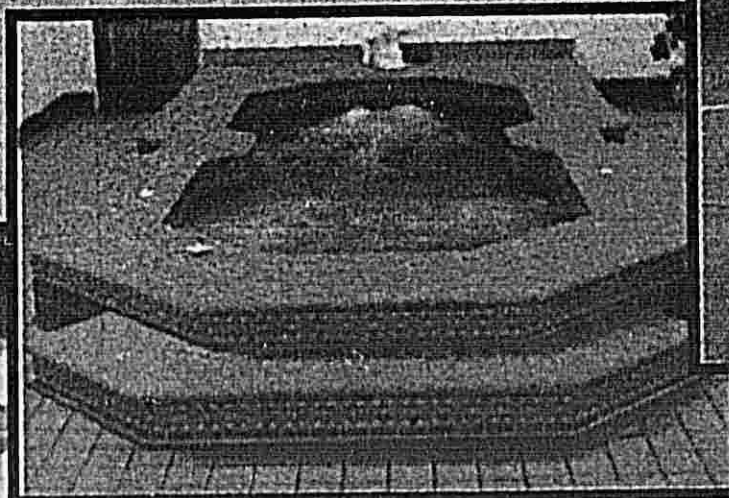
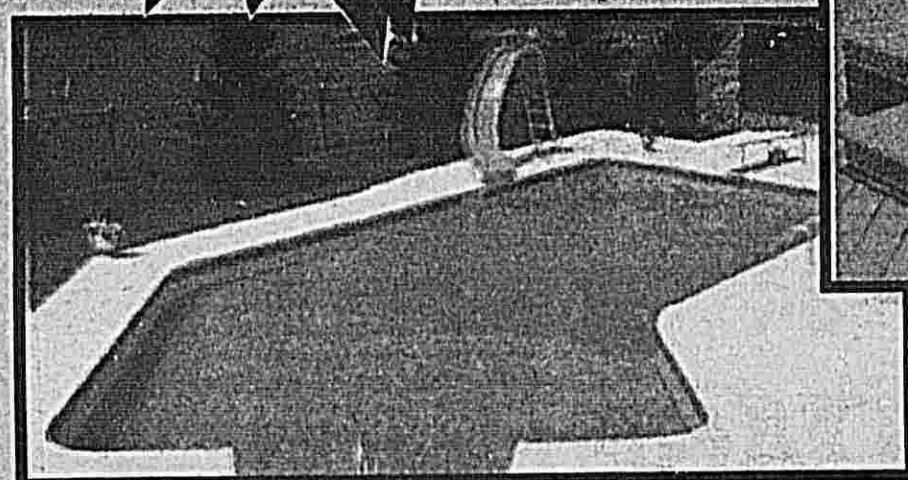


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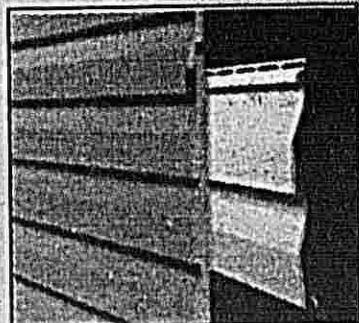
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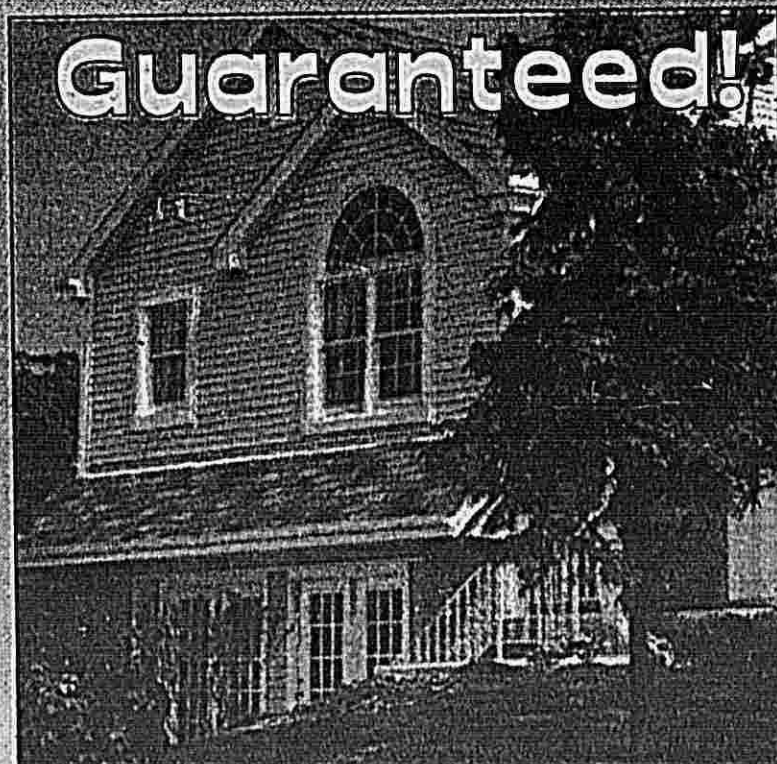
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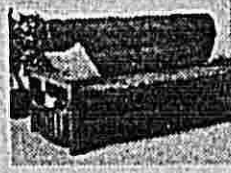
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# Laying the groundwork for an outdoor party



Summer's here, and that means it's the perfect season for an outdoor party. The benefits? The crowd won't parade through your house, there's generally more room so your guest list can expand, and a change just might breathe new life into your old parties.

But laying the groundwork for an outdoor party means preparing your yard and garden for the event. Here are a few tips to consider.

First, get your lawn in shape. When the ground is dry, rake your lawn thoroughly, removing leaves, twigs and sticks. Then, aerate the soil with a power aerator to break up any dead or matted grass. This also serves to increase the supply of oxygen to the grass roots. And while you're at it, why not out your flowerbeds and foundation plantings? Just rake out leaves and debris from these areas. It's an easy way to beautify your yard with a minimum of effort.

Now you're ready for mowing. Make sure your mower blade is sharp. A sharp blade cuts evenly and won't tear off the tops of the grass blades. And try not to mow wet grass, because it'll stick to the blade and get torn instead of cut. If your lawn hasn't been mowed in a while, mow it several times. But don't cut more than one third of the grass at any one time. Adjust the mower blade high for the first cutting, and then lower it for a second pass.

Next, to give your yard a more streamlined look, prune your shrubs and hedges. To shape, thin and cut back branches use shears for branches up to 1/4 inch in diameter, loppers for branches for branches up to 3/4 inch, and a pruning or bow saw for thicker branches. You can prune your hedges into natural or informal shapes, following the natural growth contour. Shrubs can be pruned into formal, stylized shapes, but make sure a deep heavy mass of growth is at the base.

The biggest problem you may encounter, and probably the most aggravating, is weeds. If you remove them by hand, make sure you pull out the entire root. Or else, you could use a garden fork to churn the soil and pick the weeds out. Looking for an easier method?

Apply grass and weed killer like Roundup. After the weeds have withered and died, remove them, and remember to pull out the roots too. If you don't, they'll grow back.

Nothing adds life to an outdoor party like a burst of color. Consider filling your pots with bright red petunias or other vibrant, fast-growing annuals. If you have window boxes, fill these with a spectrum of colorful blooms. These are low cost ways to add a bright spark to your back yard, and your party.

When planning an outdoor party, remember to visit us. We have all the garden tools you'll need: lawn mowers, chain saws, pruning and hedge shears, shovels, rototillers and power rakes. You'll also find other items that'll make your event a success, like tents, party lighting, grills, tables and chairs, decorative paper tablecloths and napkins, and festive dishes, glasses and table service. Make your party an affair to remember. If you want some help planning, or have any questions you want answered, don't hesitate to stop by.



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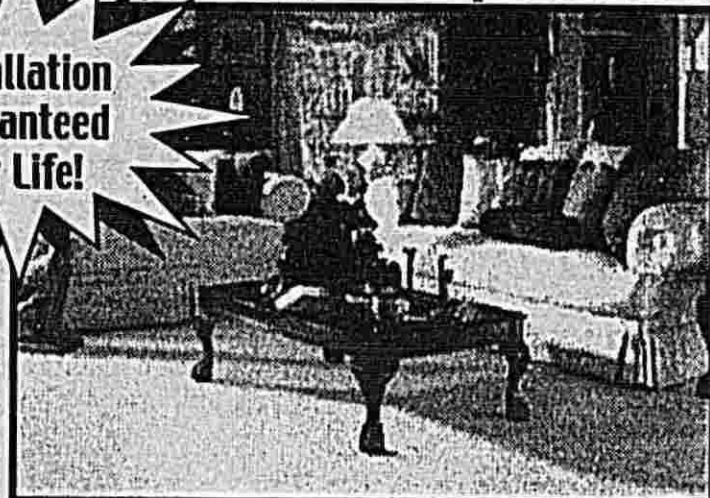
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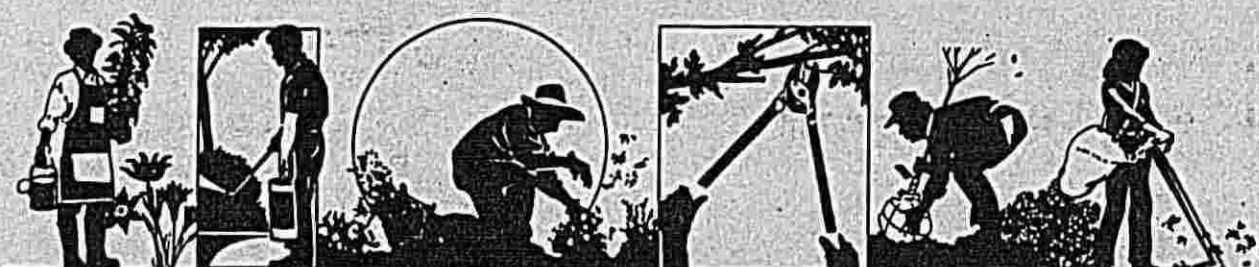
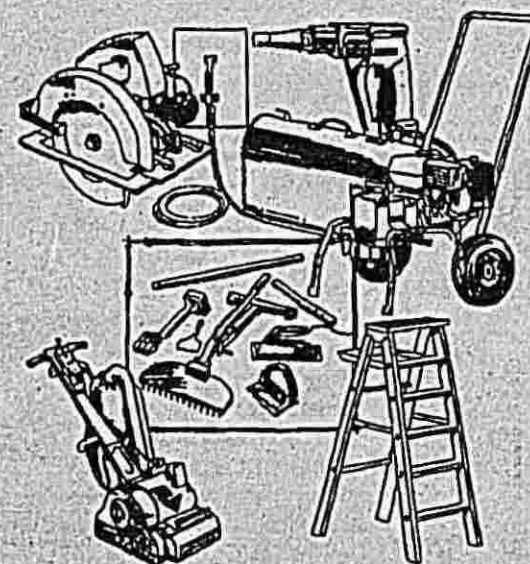
**A**t first sight of your dull lifeless lawn don't feel discouraged by its looks. Achieving the yard or garden of your dreams and the envy of your neighbors is easy with the options available to you today.

In today's economy it seems that added expenses and luxuries just have to be forgone. Libertyville Rent-Alls can help you get that healthier lawn or garden you deserve. Doing your yard and gardening yourself not only gives you the satisfaction and pride of putting hard work into your lawn, it saves you money when you rent the equipment for your job.

We have a variety of equipment available to make your job easier around your lawn. Thatchers to remove the dead stems and clippings depriving your lawn of the vital nutrients causing it to turn yellow and brown. Aerators to remove cores relieving the soil compaction allowing it to absorb water, fertilizer, and other nutrients promoting growth. Seeders needed to take care of your lawn if it has thin bare patches. Sod Cutters to remove areas of grass where putting in flowerbeds, pools, decks, and patios. Rototillers for turning up the soil before you plant this year's garden.

We also have equipment for removing unwanted trees, damaged from this past winter and brush. Chainsaws in three different sizes to lop off any tree or brush in your yard. Tree Pruners that reach up to 12 feet to take care of small branches. Chippers to mulch clippings from trees. Stumps grinders to remove the stumps left after cutting down trees or brush.

So, if you're planning on putting in a garden, flowerbeds, or are just looking to rejuvenate your lawn come and see us at Libertyville Rent-Alls. We will help you select the right equipment to get the job accomplished. *By Rich Qualmann*



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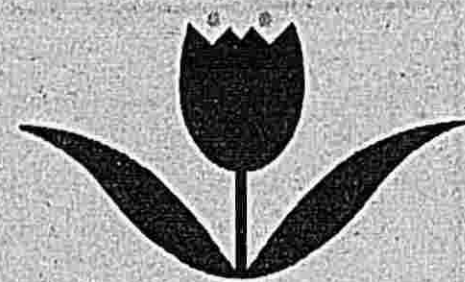
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# Castle Garden springs into flower power



Upon its opening, Castle Gardens owned roughly 100 varieties of perennials, which has grown to over 1,500. In addition to an expanded site in Volo, another store opened in Richmond six years ago. Most of the same items are offered at both, however the Richmond location offers more gift items and sits on about 60 acres.

Last April Volo Castle Gardens suffered huge losses when the retail store was hit by lightning and completely destroyed. With the help of all employees and some minor cosmetic

**C**astle Gardens is now in its 21st year of business. In April 1983 Bob Williams started it as a produce market complete with nursery stock, annuals and perennials out of four small garages. Today it has grown from a one-acre parcel of land to more than 30 acres, and most of its stock is grown on the property.

changes, business went on as usual.

Now the look of the Volo location is changing again. This spring a new pole barn has sprung up and there are items on showcase that were unable to be displayed last year. A new greenhouse is also being constructed, enabling customers to shop during any type of weather conditions.

Plants have been arriving to both locations every day. The lots are filling in with nursery stock, and perennials should be arriving in another couple of weeks. By the end of April, the greenhouses will be filled with colorful annuals and beautiful hanging baskets.

Landscaping services are available at both store locations. In addition to planting, retaining walls and brick patios are being installed. Grading, sodding or seeding can also be handled.

Castle Gardens has one of the largest perennial selections in Lake and McHenry counties. There are over 50 varieties of hosta and more than 60 types of ornamental grasses. Every year new perennials are added to the

list, which now tops 1,500. Both stores carry the same selections.

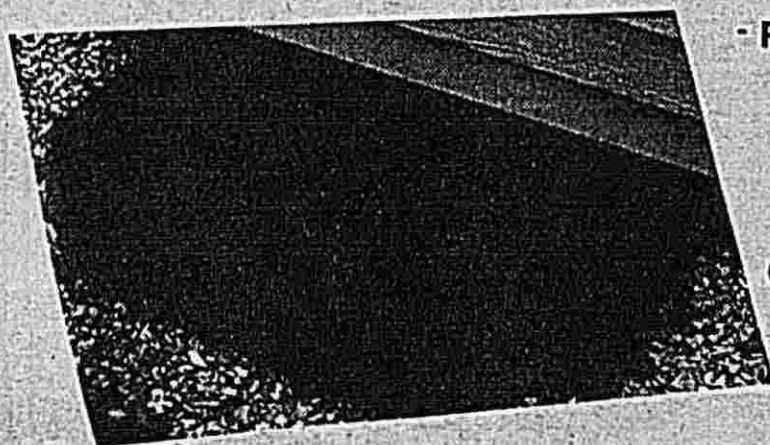
There are adept staff members at both locations. They will be able to help with planting needs, ideas and installation.

From choosing the ideal plant for a specific situation, to helping with problem areas, to installing a new perennial garden, there is an experienced person waiting to offer some green thumb advice.



A wide variety of garden ornaments adorn the storefront of the Richmond Castle Garden location.

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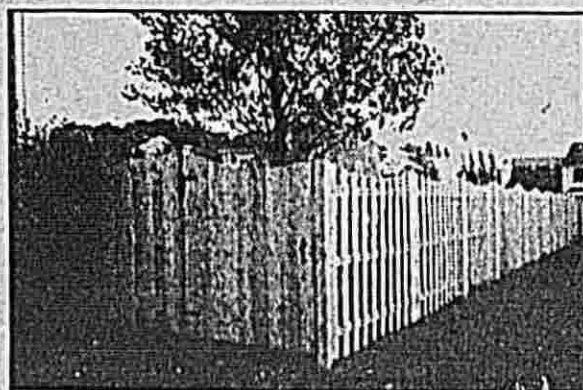
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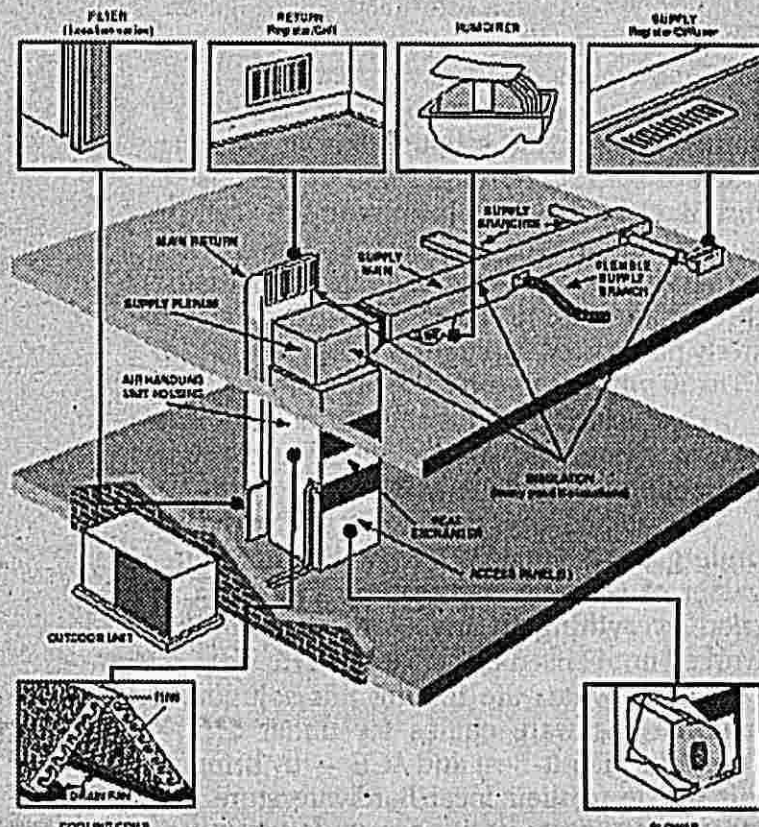


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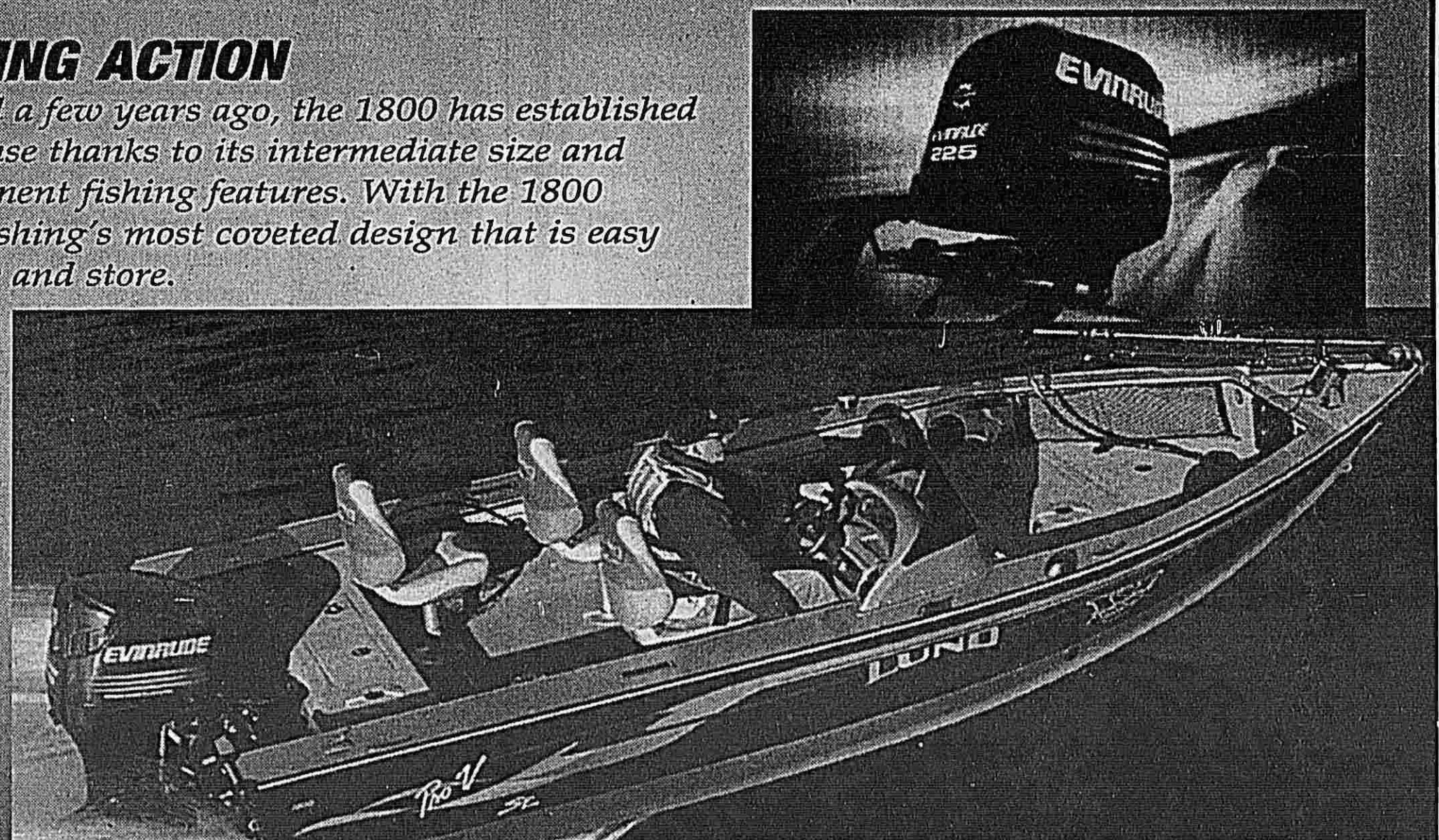
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## Study shows underground pests can be eliminated quickly

A variety of underground pests invade homeowner and farm properties each day across the United States, presenting a frustrating dilemma to those besieged with moles, gophers, voles, groundhogs (woodchucks), rats, chipmunks, ground squirrels, skunks, muskrats and snakes.

Now, the balance of power in these rodent wars has shifted with the development of a safe, effective and humane solution to help homeowners defend their properties. A study done by a U.S. veterinary organization found that gasoline engine exhaust kills rodents, "in 5 to 7 minutes without pain or discomfort." Taking advantage of this new information, a patented product, the Underground Exterminator, releases pressurized, odorless carbon monoxide fumes into the underground burrows of these pests to quickly and permanently put them to sleep.

With poison and traps, a rodent needs to discover them and even then, they often avoid consumption or contact. Another method, gas bombs, is sulfur-based and has a strong odor from which rodents will run.

This cone-shaped device, made of high-density, heat-resistant rubber, easily connects a garden hose to the exhaust pipe of your car, truck or tractor. The other end of the hose is inserted into the pest's burrow and the vehicle is then started. The unique shape of the unit protects the hose and maximizes pressure through the hose to ensure the burrow is extensively penetrated while running the vehicle for 15 to 30 minutes to solve the problem.

This solution eliminates more than one pest at a time and can be reused every year, without poisoning other wildlife.

"I watched my yard being destroyed by underground rodents," says Kevin Squire, owner of Danville Hardware in California. "I tried everything in my store and nothing worked until I used this creative device."

Homeowners are finding this solution at national hardware chains for under \$15 — True Value, Do-It-Best and ACE — by bringing this article to their local hardware store. For more information, visit [www.undergroundexterm.com](http://www.undergroundexterm.com). —(MS)



Homeowners are discovering an easy and humane way to defend their property against frustrating underground pests.

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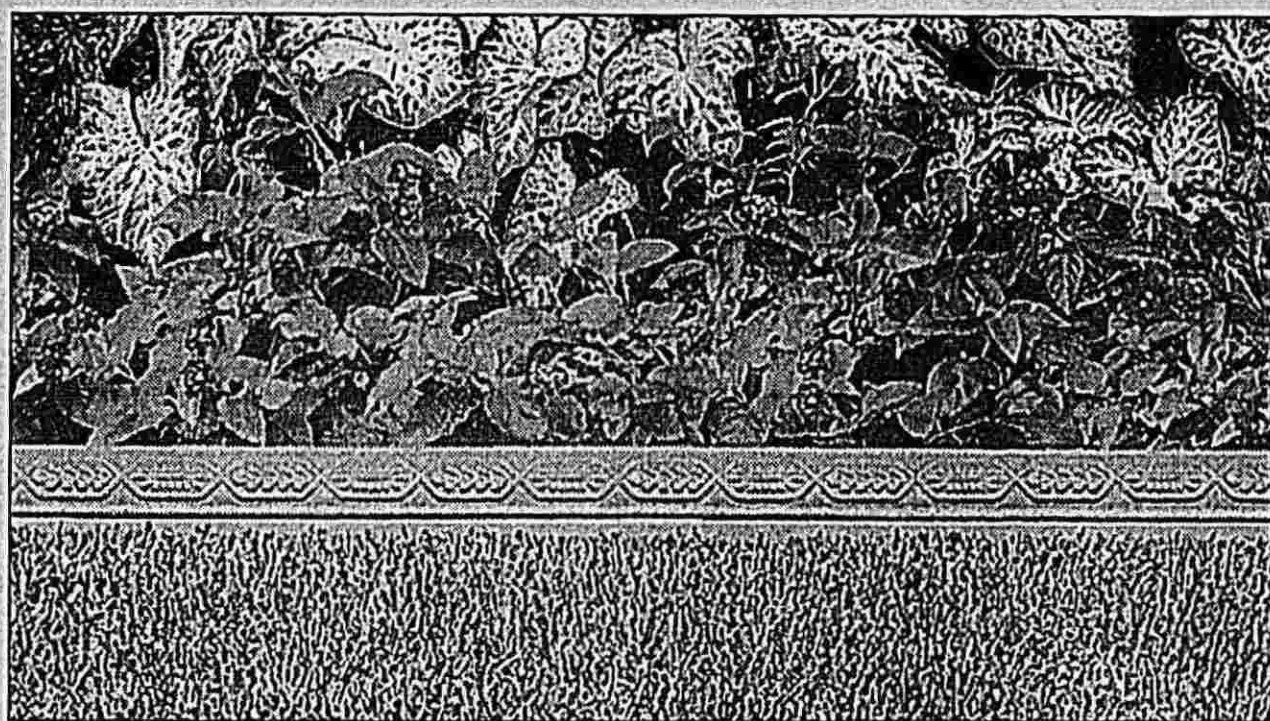
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This decorative border can give your yard the look of an informal English garden.

## Make your yard picture perfect

**D**ecisions, decisions. All winter long, avid gardeners have been thinking about what to plant this spring - perhaps some flowers for a dash of color or maybe some new shrubbery?

Face it, gardeners are like artists and their yards are their canvases. Paintings just don't look right without frames and neither do landscape beds. This spring, give your beds the perfect finishing touch - add new edging to your landscape designs.

Almost everyone is aware of the importance of edging. It helps form clean, neat lines between planting areas and turf or groundcovers. It also acts as a barrier between beds and migrating weeds. Creeping grasses will stay out and your mulches will stay in.

Try choosing edging that is not only practical, but also picturesque. Obviously, the main focus of your landscape beds are the plants and flowers in them, but why not choose an edging that will help show off those plants?

Do you love the look of an English garden? Easy Gardener's new Cottage Garden Border™, with its embossed wheat pattern, will help give your yard the feel of an informal English garden.

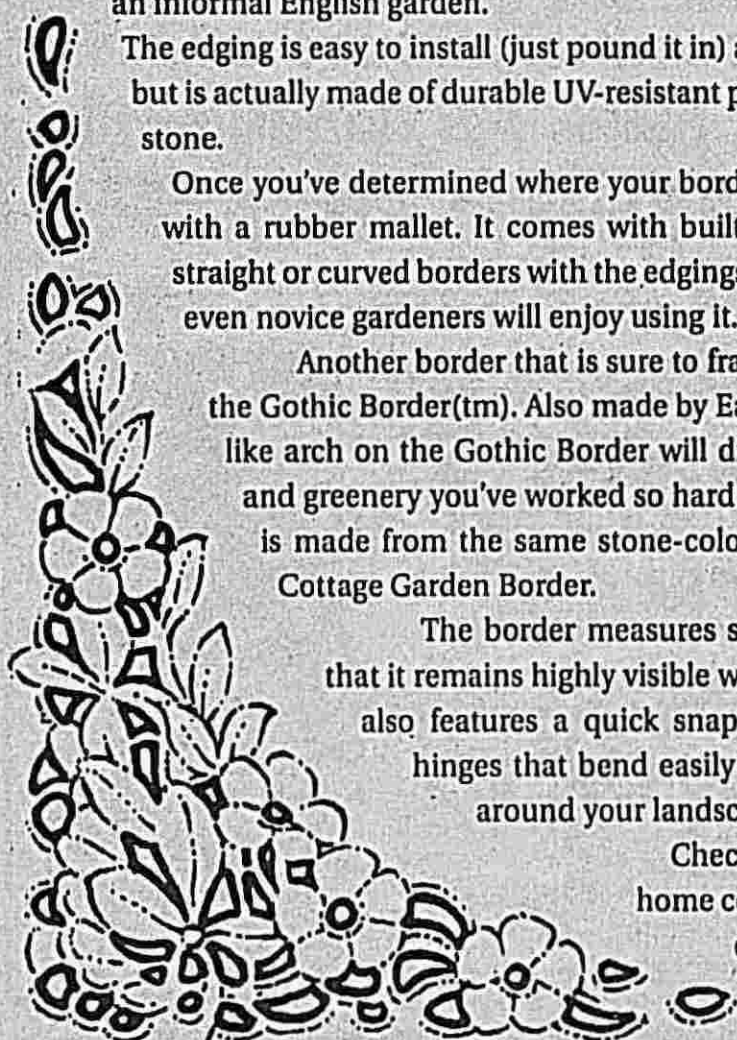
The edging is easy to install (just pound it in) and looks like real carved stone, but is actually made of durable UV-resistant plastic. It won't chip or crack like stone.

Once you've determined where your border should go, pound it in place with a rubber mallet. It comes with built-in connectors. You can make straight or curved borders with the edgings "living hinges." It's so easy that even novice gardeners will enjoy using it.

Another border that is sure to frame your garden masterpiece is the Gothic Border™. Also made by Easy Gardener, the carved stone-like arch on the Gothic Border will draw the eye toward the flowers and greenery you've worked so hard on. The classic-looking border is made from the same stone-colored UV-resistant plastic as the Cottage Garden Border.

The border measures seven inches tall, which means that it remains highly visible while it stops creeping grasses. It also features a quick snap connector and flexible living hinges that bend easily to form curves or right angles around your landscape bed.

Check out your favorite garden or home center to find these new edgings, or call (800) EASY-INC.-(MS)



## Honoring Those Who Serve

**Lakeland Media invites readers to recognize and salute loved ones, family or friends in our military. Lakeland will compile all of the letters and print in a special section, similar to a "Letters to Editor" format. Messages to those in uniform may be brief, including a photo. General messages of support are encouraged and will be considered on a space availability basis. Honoring Those Who Serve special section is a great way to show your support for those who risk their lives on a daily basis.**

### Please include:

- Honored's name (photo optional)
- Branch of service
- Essential background information
- Brief statement of your feelings
- Name of person sending
- Town you live in



### **Three ways to send message:**

- Email to [edit@lakelandmedia.com](mailto:edit@lakelandmedia.com)
- Fax to 847-223-8810
- Mail to: Lakeland Media

**Attn: Honoring Those Who Serve  
30 S. Whitney St.  
Grayslake, IL 60030  
847-223-8161**



## A guest interview by Mel

**M**el is the dog in charge at Barron Paint and Decorating in Grayslake. Mel has volunteered to interview his human, Phil Simpson about a new way that you can help Save-A-Pet and get some of your spring projects done at the same time.

**Mel:** Phil, you've been spending even more time than usual over at Save-A-Pet lately. What have you been up to while I was working all day at the store?

**Phil:** Mostly, I've been doing what all of the other volunteers do at Save-A-Pet. I've been helping to take care of the dogs and cats that aren't as lucky as you are.

**Mel:** What do you mean by lucky? I go to work every day. We all know that I'm really the boss at Barron Paint but I pretend to be more of a mascot so you can feel important.

I'm in charge of checking whether any of the people who come in have any food with them and I offer helpful painting and decorating tips. I don't like to brag but if you need decorating help I'm the one to talk to. Also, I have to keep an eye on you as well as the rest of the people who work here. And I do all of this for a little (very little) cheese now and then.

**Phil:** Your vet says you get too much cheese.

**Mel:** Actually, the vet says I need more walks not less cheese.

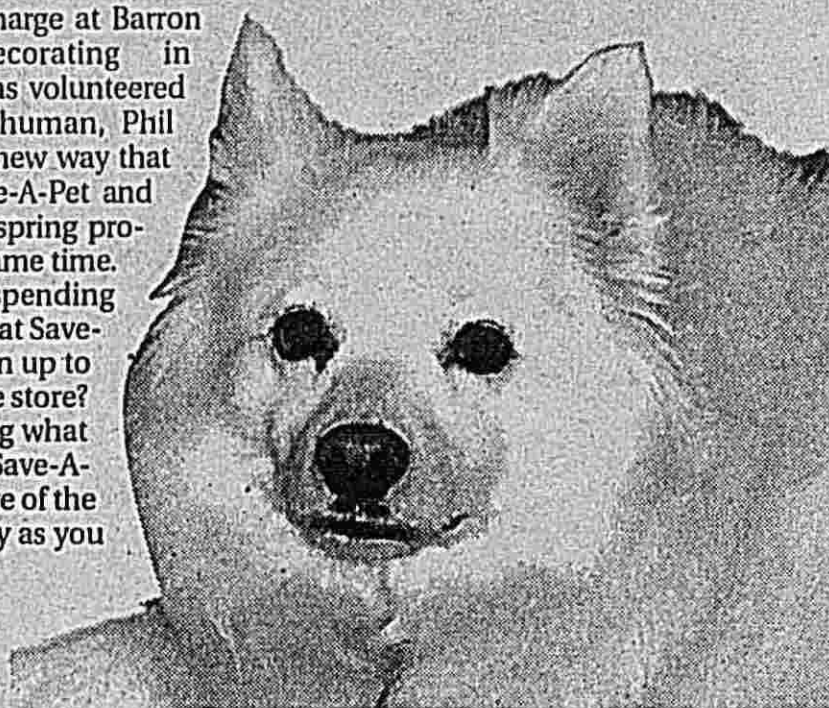
**Phil:** Let's get back to Save-A-Pet.

**Mel:** O.K. What is Barron Paint trying to do to help Save-A-Pet?

**Phil:** Barron Paint has a great offer for any animal lover that might need help with paint or decorating. Barron Paint has a coupon good for \$5 off of any purchase of Benjamin Moore Premium Interior or Exterior paint and animal lovers have two choices of how to use the coupon. One, is they can just use it directly for buying the paint. When you use the coupon Barron Paint will donate 5% of your total purchase to Save-A-Pet. Or, you can turn in the coupon with \$5 to Barron Paint and the money will be donated in your name directly to Save-A-Pet. As a thank you for your donation you will receive another coupon worth 10% off of anything in the store on your next purchase.

**Mel:** That sounds like a great idea for helping Save-A-Pet and a way to save yourself some money too. Can I have some cheese now?

For more information about Save-A-Pet, visit [www.save-a-pet-il.org](http://www.save-a-pet-il.org) or call 847-740-7788.



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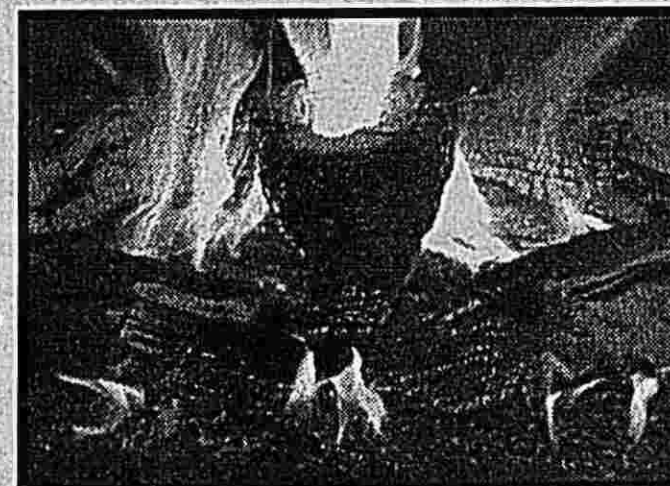
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**DALLAS**  
A little about me:  
Rottweiler/Shepherd mix,  
6 1/2 yr. After coming to  
Save-A-Pet, I'm often com-  
plimented for good behavior.



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Per Gallon

**All Premium Interior and Exterior Paint. 5% donation of total purchase to SAVE A PET.**

Offer valid Barron Paint Store. Not valid with other offers. Expires June 15, 03.

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NEXT PURCHASE**

**When you bring in this coupon  
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SAVE A PET.**



A little about me:  
Brown tabby, shy at  
first. Caregiver died  
and I was brought to  
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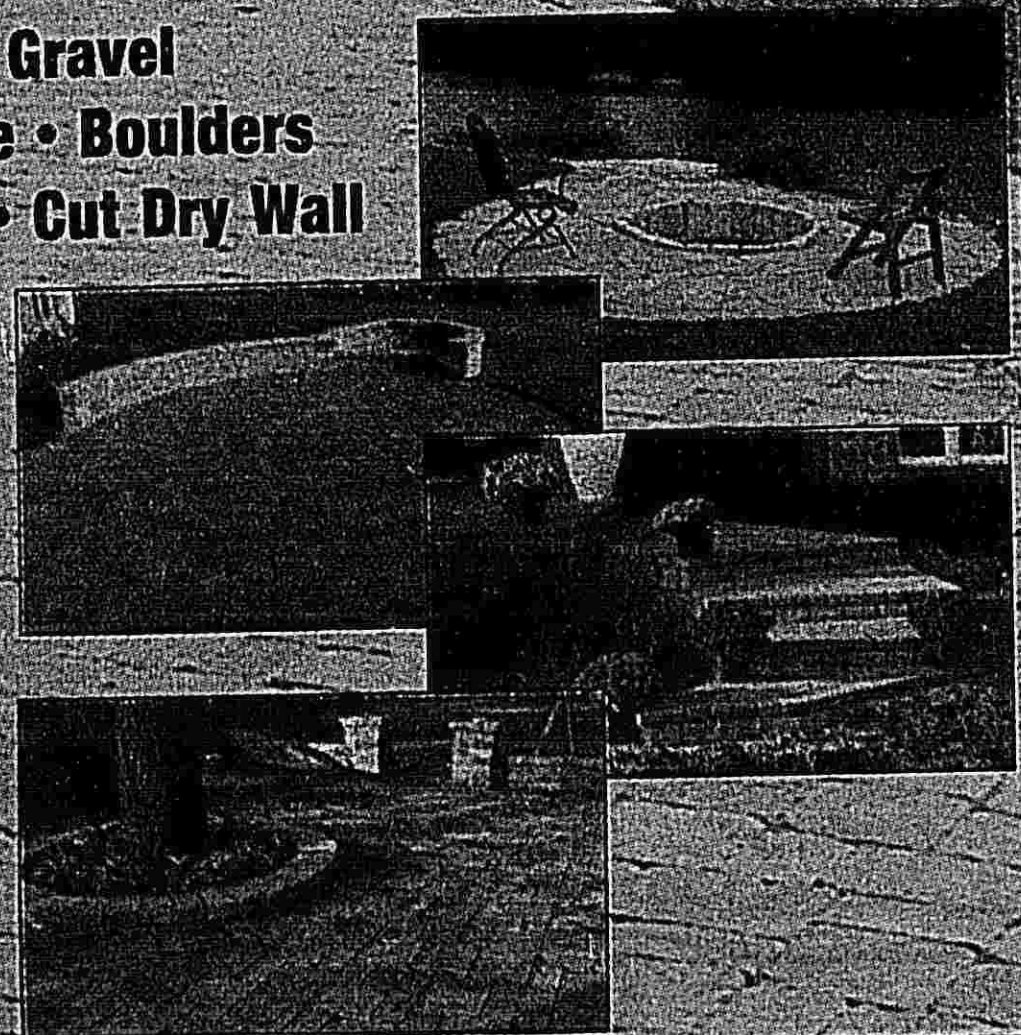
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